CUSINANG CAPAMPANGAN

NANG

MARIANO A. HENSON

PATINA DING I INUTU NANG IBAT CARING
AMERICANO, CASTILA, FRANCES, INTSIC,
ITALIANO, POLACO, TURCO, AT ALIWA
PA, NAYUN QNG PAGLASA
NANG SARILI

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MARIANO A. HENSON

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January 9, 1969

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BY

MARIANO A. HENSON

QÑG TALASULAT MU NAMAN

1. ABECE Capampañgan
2. A Brief History of Angeles
3. Appraisal of Philippine Rice
4. Appraisal of Philippine Sugar
5. A Better Diet for a Better Race (Chart)
6. Ejercicio Cotidiano
7. Genealogy of All Hensons of Pampanga
8. Genealogy of the Gatbontons of Candaba
9. Genealogy of the Mirandas of Santa Rita
10. Genealogy of Doña Luisa Gonzaga de León
11. Genealogy of Juco-David of Guagua
12. How to Play Sungca, 4th Ed.

13. Lazy and Dutiful Numbers in the Phil. Sweepstakes
14. Map of Pampanga in 1848
15. Maps of Culiat and Angeles in 1828 and in 1846
16. Sixty-One-Year Sugar and Palay Crop in Angeles (chart)
17. One hundred and odd Pampango Tested Kitchen Recipes (this book)
18. Prophets and Prophecies
19. Philippine Tables of Equivalents
20. Sapilitan Daptan para Mupul Dacal a Pale
21. Pangatatag ning Balen Angeles (corrido)
22. Tastes and Ways of a Pampango
23. The Three Successive Sites of Magalang (chart)
24. Sun Spots, Comets and Calamities
25. Tables of 55-45, 70-30 and 75-25 Palay Share Crop Division
26. The Date of Issue of Phil. Postage Stamps 1854-1963
27. The Province of Pampanga and Its Towns, 4th Ed.
28. Plectro Hensoniano
29. What Other Poultry Books Did Not Tell
30. Wise Travels, Happy Pockets, 2nd Ed.
31. Pictorial and Historical Album of Angeles (by request only)
32. Blood Relationship Among the Mayors of Angeles
33. The Descendants of the Founder of Angeles City

I N T R O D U C T I O N

THE KITCHEN recipes of Mr. Hizon (I won't call him his real name as, the modest man that he is, he may prefer anonymity) will probably never be published, at least not in the form in which he originally wrote them. But I know of no better anthology of Pampango cooking (there I go again on this subject, I'm afraid).

There are 113 recipes in all and they run the gamut of the provincial cuisine - common and fiesta native fare, as well as dishes adapted from the Chinese and European repertoire.

Perhaps the adaptations may not properly be called Pampango cooking. But they have become so much a part of the middle-class Pampango cuisine that they are no longer exactly foreign, either.

I first came to know of the existence of Mr. Hizon's recipes when we fell to talking one day about family trees (his, not mine). Mr. Hizon has in fact written a book on the genealogy of his kinsmen. In 1936, after the death of his first wife, he took charge of the running of his household, including the kitchen department. He volunteered this information quite casually, but the talk soon veered from joint surnames to fish and vegetables.

"You may not believed it," he said, "but during that time all the dishes prepared in my household were tested and recorded by me. Everyday I would prepare the menu, writing down everything for the cook."

I said I was curious to see his culinary anthology, and Mr. Hizon brought it all the way from his hometowm a week later to show to me. There it was, all right, one inch thick, typed on bond paper, which had been discolored by time. The 100-odd pages are meticulously indexed, with the recipe number, the name of the dish, number of servings, and cost of ingredients.

Mr. Hizon called my attention to this last feature. "See the cost of this Arroz a la Cubana? Only 33 centavos! And this Almendras at Manoc (unlike the Tagalog, Pampango orthography has c instead of k) is only 1 peso and 27 centavos for four persons. Look at this full-sized ham de funda - only 8 pesos and 66 centavos! And betute (stuffed frog) for three people is 67 centavos! How low has the peso fallen since then!"

A page from the anthology, translated from the original tongue, follows:

RECIPE 52
FISH SINIGANG, etc.

Mr. Hizon, it will be seen from the foregoing, is a meticulous man of the old school, and leaves nothing to chance, especially in matters culinary. This is not just a whim, for he is also a scholar whose researches into Pampango history and culture have resulted in several mimeographed tomes and printed booklets, some of which have found their way into libraries in the U.S. In addition he dabbles in chemistry and now and then still markets his own

insecticides, fire-fighting sprays and fertilizers. Every other week or so he takes the bus to Manila and delves into the archives of the public libraries and the Beyer collection, or discusses a paper he is writing with his former teachers at the Ateneo.

I think of Mr. Hizon as the product of an older Filipino culture, in which it was nothing unusual for men of modest property to cultivate the role of educated gentlemen and take themselves somewhat more seriously than the Filipinos of today. There were of course caciques in the old days to whom learning was alien. But there did exist gentlefolk who went in for literature, music and the arts, whereas today these interests are apt to be found only among the book-reading young proletarians.

(From Women's Magazine's
The Soap Box
December 11, 1959)

E. Aguilar Cruz
Editor,
The Daily Mirror

- & -

CULTURAL CONSENSUS awards to Pampango cooking the country's culinary laurels. This skill has to a great degree been influenced by the bountiful resources of the province. Its plains are a source of fertile plants and animal life; its great river yields fish. Economic organization afforded a land-owning aristocracy centuries of gracious living that had ceaselessly seep down to the poorer classes. Pampanga's proximity to the urban center assured the steady assimilation of foreign cultural influences.

Pampanga cooking is today blended of European and Chinese, with native influences, lovingly practiced and expanded by amateur and professional cooks.

Mariano A. Henson is an old Pampango gentleman who has gathered what is perhaps the best anthology of Pampango cooking. Henson, a historian, genealogist, chemist, and connoisseur, for years tested and recorded all the dishes prepared in his household. In this manner, he was able to collect 100-odd recipes ranging from fiesta to ordinary fare. Some of these recipes are lifted from Henson's unpublished anthology and here presented for STM readers.

(From The Sunday Times Magazine
Page 44, Vol XV, No. 21
January 3, 1960)

P. C. Mauricio
Editor,
The Sunday Times Magazine

No attempt has been made to translate into English the recipes herein contained for reasons that the Author hopes to make clear presently. First, it has seemed appropriate that they appear as originally written, in Pampango, as a tribute to this beautiful language. Second, translation would have been next to impossible in many cases, such as the names of certain ingredients and the description of mixing and cooking methods. This difficulty will readily become apparent to the reader as he proceeds to examine this little book.

Angeles City
Republic of the Philippines
October 3, 1968

THE AUTHOR

MARIANO A. HENSON

Angeles City
Philippines,

Tested Recipes

Recipe No.	Name or Title	Servings Bandejados	Cost in 1936
1.	Kari	4	₱ 1.10
2.	Macaroni	4	2.80
3.	Sun Pia	4	2.26
4.	Asado de Carajay . .	2	.53
5.	Beyuhan manuc at tokua.	2	1.00
6.	Quim-Chi-Je	3	1.50
7.	Cuy-Wan	3	2.11
8.	How Yau Gai Kow . .	3	1.32
9.	Pansit Luglug. . . .	4	1.42
10.	Fish Fillet with Bearnaise Sauce. . .	2	1.43
11.	Fish with White Sauce	2	1.19
12.	Cocido a la Española	3	1.17
13.	Misuang macao . . .	2	.16
14.	Sigáng	6	.16
15.	Kilawin	3	.57
16.	Lumpiang Intsik. . .	2	1.17
17.	Pescado en blanco. .	1	.78
18.	Lumpia frito	2	.88
19.	Pinacbet	2	.38
20.	Pansit Miki-Bijon. .	2	.38
21.	Tortang carne . . .	2	.46
22.	Commonwealth Gulay .	2	.45
23.	Adobong manuc at babi	2	.70
24.	Palaman panara . . .	3	.24
25.	Lutung pusit	2	.50
26.	Lagat apaliá	2	.43
27.	Paro a la Créole . .	2	.50
28.	Lagat Repollo . . .	2	.48
29.	Culubasa,paro,t baguc	2	.23
30.	Lagat pechay	2	.32
31.	Misuang piragli . .	6	.13
32.	Lutung taugué . . .	3	.33
33.	Croquetas balatung-maiz	4	1.24
34.	Albóndigas babi at paro, salsang camatis	2	.51
35.	Créme de la Créme. .	3	.89
36.	Batsuy	3	.34
37.	Hamburg Steak . . .	2	.38
38.	Sabó balátung . . .	10	.22
39.	Cardillo	2	.30
40.	Chow Kee Far High. .	2	.77
41.	Chuletas Balasenas .	2	.16
42.	Chuletas Culi-Rep. . . .	1	₱ .37
43.	Suam Maiz Caraniwan. .	5	.1?
44.	Pesang Bulig	2	.29
45.	Salmon au Gratin . . .	3	1.03
46.	Bola-bolang asan,pechay	2	.43
47.	Wen Loong Pai Fung . .	2	.77
48.	Arroz a la Cubana . .	2	.33
49.	Lapu-lapu (lutung intsic)	3	.64
50.	Abalone con Jamón. . .	1	.63
51.	Lengua a la Marinera .	2	1.18
52.	Sigang asan (intsic) .	5	.37
53.	Mechandong tokua(intsic)	2	.50
54.	Sisig pacú	2	.31
55.	Pansit a guisa	2	.65
55 B.	Caldo chino	12	.33
56.	Chow Mein	2	.55
57.	Morisqueta tostada . .	6	.92
58.	Sopas manuc payungpayungan	6	.77
59.	Paro maqui curry . . .	2	.40
60.	Salsang Tokua-Tahuri .	2	.18
61.	Bacalao a la Vizcaina.	2	.57
62.	Sigang babing gandus .	5	.40
63.	Asado Pampango	1	.38
64.	Bulanglang bañgus. . .	6	.48
65.	Habichuelas on Vinagre	3	.35
66.	Asado de cerdo Matelot	2	.49
67.	Torta de cangrejo con patola, pimientos morrones	1	.56
68.	Pacsing iso	3	.31
69.	Bocadillos carne Polaca	2	.48
70.	Chuletas a la Papillot	2	.36
71.	Bouvillavaise de Marsella	3	.54
72.	Potaje de garbanzos. .	2	.38
73.	Oysters a la D'Uxelles	3	.39
74.	Fried Oysters in Batter	2	.67
75.	Sisig talabá	2	.38
76.	Fritadang babi	2	.27
77.	Begucan	2	.35
78.	Lagat pusu	3	.36
79.	Mechadong solomillo. a la Francesa.	3	.74
80.	Almendras at manuc . .	4	1.27
81.	Roast beef, Mexican sauce	2	.41
82.	Salseadong Carne . . .	2	.41

M A R I A N O A. H E N S O N

Angeles City
Philippines

Tested Recipes

Recipe No.	Name or Title	Servings Bandejados	Cost in 1936
83.	Salseadong Repollo. .	2	₱ .30
84.	Sesos a lo Pinero . .	2	.38
85.	Camarón Rebozado, jamón	2	.66
86.	Kekiam intsic	2	.81
87.	Fritada de huevos (Chackchouka turca) .	2	.39
88.	Gallina en pepitoria.	2	.63
89.	Chopsuey Carne intsic	2	.29
90.	Lutung longaniza. . .	2	.65
91.	Langguc culubasa at camañgiang	3	.37
92.	Lagat itu	1	.37
93.	Alpang Camansi . . .	4	.32
94.	Alpang Labanus . . .	3	.28
95.	Alpang Labung	3	.24
96.	Toyuba	2	.39
97.	Rellenóng Manuc . . .	1	1.29
98.	Arroz a la Marianne .	3	.70
99.	Budín	2	.74
100.	Cardillong tinapá . .	1	.21
101.	Pisto	2	.49
102.	Babing lutung tahuri.	2	.32
103.	Goto	2	.35
104.	Arobung ema	2	.37
105.	Bañgus lutung toyu. .	1	.29
106.	Ensaladang burung ebun	1	.20
107.	Nepa Sandwich Spread.	2	.33
108.	Sinantán Ice Cream	1 gallon	.63
109.	Jamón de funda liga		8.66
110.	Jamón a in-hornu		
111.	Pospas a manuc . . .	8	.57
112.	Fish au Beurre . . .	1	.37
113.	Tugac a betute . . .	3	.67
114.	Suam maiz II.	6	
115.	Pepitoriang manuc II.	2	
116.	Lagat utac.	2	
117.	Quilaw cambing . . .	2	
118.	Atsarang Capampañgan.	6	
119.	Duayan Linamnam . . .	6	
120.	Lutung Igat o Palús .	2	
121.	See Po	2	
122.	Sopa de Nido.	8	taza
123.	Burung Bañgús	1	
124.	Calderetang Cambíng .	3	
125.	Binulung Manuc. . . .	2	
126.	Rellenong Bañgus . .	1	
127.	Paella Valenciana . .	2	

Recipe No.	Name or Title	Servings Bandejados
128.	Biringjí.	3
129.	Menudong Capampañgan. .	2
130.	Tidtad (Dinuguan) . . .	3
131.	Estofadong Capampañgan.	1
132.	Glorified Fondue . . .	2
133.	Ukoy	2
134.		
135.		
136.		
137.		
138.		
139.		
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141.		
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147.		
148.		
149.		
150.		

Ing abias a maputi 2 taza magalsa yang 6-1/2 tazang nasi.

Ding almendras a tinalip 1 taza mica timbang lang 142 gramos.

Ding apulid 1 lata de 12 onzas ustung peñgili la mica tacal lang 1-1/4 taza

1 pating azucar centrifugado 2.085 kilos ya

1/2 kilong babi atin yang 1-1/3 taza tacal ustung peñgili ya

Ding bucní o malabalugbug daguís 1 taza mica timbang 30 gramos

1 kilo canatsu (Kang-Yutsu) asan danum a malañgi a macatabarilla ating bilang 138 pirasu.

Ding sampagang saguin malañgí 1 taza titimbang yang 50 gramos

Ing tabáng lagat 1 kilo muli yang 3 tazang tabang macaguising a mica timbang 630 gramos ustung mititi ya.

46 talaba qng talucab muli lang 2 taza laman caibat metalip

Ing mayap a aslam sasa manibatan Paombong, Bulacan

Ing mayap a aslam atbú laún manibatan Ilocos o Baguio

Pañgilian a la Julienne ya pin ing mañgalati at tulipás

Larang mayumu, suclati, castila, pimientos morrones ila pin ding larang pungguc a é maparás.

Caring Recipe caring banuang 1936 ding masasabing sibuyas, nung alá lang aliwang laguiu, ila pin ding ausan tang Bombay o Bermuda onions a mañgaragul. Nung é masasabi ing tinalip la dapat lang ilacó balát, macanian mu naman ding bawang, pablasang ding dacal a cocinero ñgeni matamad lang tatalip at alang macatucsung maragul canacu qng calutu nune iti ampon ing balát dang lululun ding camatis a pasime cu ampon ing cuse o cutsay a gagato pasalap cu pablasang ena alalaso ning duñgus ampon ning bituca.

Nung sacali ing calutu meñgapalalu cálat at e na mallaring danuman, buluganan yung patatas a tinalip at penatbi layun pabucalan pasibayu.

Pablasang dacal la ring misasaquitán qng milalung colesterol ning daya tamu a ipasari ra mu naman ding tabáng ausan dang SATURATED fats or oils a ditac mu linoleic acid antimo ing tabang animal, sebu, tabang ibat caring tanaman a pepasias antimo ing Purico, Cenvoco, Margarine, etc. cailañgan yong aquilala nung

insanu ding UNSATURATED fats a sucat yung gamitan para qng pamag-calutu a maqui dacal a linoleic acid anti caniting por ciento at macalisia qng pañganib: Saffron oil 65 to 75; Sunflower oil 60 to 65; Corn oil 50 to 55; Soya bean oil 45 to 55.

Canan a pañginlagán uling dacal la oxalic acid a sasamsam qng calcium ning catawan: cocoa, unsweetened chocolate, spinach, rhubarb, chard. Iña, mayap na ing suclating gawa queti ibat qng cacó singlé at guiniling.

Canan a macapagreuma uli ning dacal a purine content: sardinas a de lata ampon saguiwa, alubebe ampon diris.

Ing macapasari canu caring batú saguit (gallstones) ya pin ing maralás pamamañgán ebun ampon utac.

Subali qng Welch grape juice, tuldú na co moang soft drink a E artifitial a mesangcap qng laboratory a macasirang ipan ampon duñgus uli ning acidity ding carbonated, pH 6?

Tanaman tamung maqui protein qng tulud (aliwa ing bulung a matuá) 9.28 to 3.37%: Camuting-dutung, camalunggué, balubad, alagaw ampon ing sampagang caturay.

Nung ating malasun caring payungpayuñgan pauli ning lasun a muscarine paganaca yu qng médico iti:

Rx/Atropine sulfate (hypodermic tablet) 1 mg. (gr. 1/60) subcutaneously or I.V. every 1 to 2 hours until symptoms are relieved.

Caring anggang atacman cung ínuman oreti ring aburi co:

Appetizers: Sherry (Jeréz), Madeira from Portugal, dry Vermouth.

Red Table Wines (Tinto): Claret, Burgundy, Mogen David (concord)

White Table Wines (Vino): Rhine wine, Sauterne (Bordeaux), Lágrima Christi (Italian)

Sweet Dessert Wines: Port from Portugal, Málaga from Spain.

Sparkling Wines: Champagne from Marne, France.

Cordials (Liqueurs) for after dinner, mixed drinks, cocktails: Benedictine D.O.M., Chartreuse, Creme de Cacao.

Distilled Liquors: Mount Vernon in 1920 whisky, Findlater's whisky, Dimple's Pinch and Chivas Regal whiskies; Gilbey's Dry Gin; Courvoisier cognac or brandy.

Beer: San Miguel, Philippines, for export, Tuborg, Carlberg.

Angostura Bitters in dashes for imparting desired unusual sophistication.

THE AUTHOR

RECIPE No. 1

KARI

Pamidalan-dalan	Pañgasangcap	Alagá queti
1.	Tamban ing iqui, pata, at libru ning vaca qñg lub ning 18 horas, caibat nang mepirasu at meluglug mayap, at palbug mayap qñg danum,	0.80
2.	Pañgilian iti: mañgarañgan, camañgiang a leco taguiang balasenas, tiduang dali 2 pusung saguin butulan, tiduang dali at luglugan,	0.08 0.05 0.06
3.	Mibabad 3 cucharang maragul atsuite qñg 1 tasang danum cabucas,	0.02
4.	Misanglé misisindacal a maní at abias, itasang e madudulue lacuas mayap nung y-hornu la, ilaco la balat ding maní at guiliñgan iti o bewan ma-finu	0.03
5.	I-guisa ing 3 cabutilan a bawang a pilpuc at ustung lare na isalisi na ing atsuiteng lingcas o sabo na at yabe na ing alang sabo	0.01
6.	Iqui, pata at librung malambut a biluganan qñg gule ati'nang 1 a horas macabulug,	
7.	Ibubud laganap ing single maní at abias at igogo mayap ban e mamañgi at maduluc,	
8.	Abayanan qñg capitna ning sabo pilagan at igogo banayad, ustung mucal na asinan at isaca na.	
9.	Aparte, mi-guisang 2 buntuc a bawang at caniti y-yabe ing baguc, dagdagan ing taba na ban maniaman; iti ya ing tiltilan ning KARING FILIPINO	0.05
	Gasto Total	1.10

N.B. 4 a bandejado para 20 catau. Ing pilagan mallari yang gawan a sopa maqui tinape peñgiling cuadrado frito a guisa qñg bawang.

Sibucan neng

Febrero 15, 1936

[signature]

ANGELES, PAMPANGA

RECIPE No. 2

MACARONI

Pamidalandalan (macatápat ya ibatbat ing tacal) Pañgasangcap	Alagá queti
1. Ilaga ing metung a manuc a dumalaga quilub ning 2 horas	₱ 0.60
2. Antimurin ing 100 gramos o 1 sulió balat babi leco tabá	0.10
3. Ilaga at pabucalan ing 2 paquete ROYAL MACARONI a pemutut titlung dali qñg dacal a danum a inasinan lub ning 2 horas, . . . isaca, patictican at icalilua pamu,	0.36
4. Pañgilian mañgalati ing laman manuc, até na at balumbalunan, at ing balat babi tanting tindaragul gamat cacaba at caquitid,	
5. Tacmus 2 chorizo caring 18 macalulan qñg metung a latang Chorizos secos nang Armour at pañgilian a malati at ititi qñg tabá anggang e la lare	0.14
6. Y-yabe 1 latang camatis castila de 7 onzas	0.08
7. Ampon 1 latang malati de 4 onzas champignon francés peñgili . .	0.35
8. Ampon 6 cucharang maragul mantequilla Golden State	0.30
9. Ampon 1 cuchara pimenton a tune at bayu	0.02
10. Ampon 4 a malutung ebun ding manuc a sese a inabayanan, ...	0.14
11. Metung a lata de 14 onzas a gatas Evaporada Alpine at betian. .	0.14
12. Ampon 4 a cucharang queso de bola Edam a inadiad	0.20
13. Ampon capat a daque ning 1 kilo jamon Hoksiu peñgiling malati cuadrado	0.30
14. Piabe-abayan ñgan iting anggang mesaglawe, ilulan qñg metung a sarten de porcelana o aluminio, buburanan quesung Edam inadiad babo y-hornu lub ning capitnang horas o miguit anggang o matudtud ing sabo na,	
15. Pamutian culantrong entero babo at mallari nang y-yapag	0.05
Gasto Total	2.80

N.B. Mañaman lacuas ing macaroni nung micabucasan qñg ice-box dapot alá musang espárragos o artichokes a mallaring masira. Mallaring para 25 catau.

Mariang Clemson March 8, 1936

ANGELES, PAMPANGA

RECIPE No. 3

SUN PIA
(lutung intsik)

Pamidalandalan	Pañgasangcap	Alagá queti
1.	Pabucal 1 litro o 50 paro saguiwa at pañgilian malati caibat. . .	₱ 0.25
2.	Mibabad 10 setas a maragul o payungpayuñgan isic lub ning 1/2 horas, ilaco la tangque at bumbunan at luglugan anggang e malino ing danum	0.10
3.	Ibabad ya saguli qñg danum a bubucal ing daing a alagang 2 cucharang phe-ji at calisan ya calisquis	0.08
4.	Pañgilian ñgang cuadradong malati iting macatuqui:	
	3 capirasung to-kua	0.05
	1 capun pechay	0.03
	1 latang apulid isic de 12 onzas	0.35
	1 latang labung isic de 12 onzas	0.35
	ding payung-payuñgan, ampon ing phe-ji	
5.	Tadtaran o guiliñgan ing 1/2 kilo babi, iguisa qñg ditac a taba 3 cucharang maragul	0.25
6.	Y-yabe caniti ing paro ampon ding pemirasu qñg No. 4	
7.	Tugtuganan 2 cucharang toyu	0.02
8.	Caibat ning 15 minutong tañgab isaca na iti at yabe isamut ing captas a bawang o sang a pemutut malati	0.03
9.	Ibalut qñg 60 pabalat lumpia, at italbug balang cabalut qñg . . .	0.12
10.	Metung a sulio harinang maiz (corn starch) a maqui 2 sebulan a ebun a denuman ditac	0.10
11.	Itiri lang ipalbug qñg dacal a taba 1/2 kilo	0.43
12.	Balang cabalut gawan lang titlu caputut at i-yapag lang macalungsu at maqui tiltilan agri-dulce anti queni:	
13.	Lasawan 1-1/2 cucharitang gaw-gaw qñg ditac a danum a marimla, at yabe qñg metung a sulio sabo ligang bubucal at igogo anggang e dayuput, dinan 1 cucharita toyu, 1 cucharitang mayumu, 1/4 cucharitang asin, 2 cucharitang aslam sasá at igogo mayap at yapag na. .	0.10
	Gasto Total	2.26

N.B. Pacanan no ring 20 catau

Sibucan neng
March 8, 1936

Mariano Henson

ANGELES, PAMPANGA

RECIPE No. 4

ASADO DE CARAJAY (lutung intsik)

Pamidalandalan	Pañgasangcap	Alagá queti
1.	Ibabad ing 3/4 tasang pusu saguin a malañgi (37 gramos)	₱ 0.02
2.	Ampon ing 1/2 tasang malabalugbug daguis o bucní (20 gramos) . .	0.02
3.	Ampon ing 1 tasang payungpayuñgan malañgi (12 mañgaragul) . . . qñg danum a marimla quilub ning 1/2 hora, ilaco la tangque deti pati bumbunan at luglugan anggang e malino ing danum.	0.12
4.	Yamas qñg 2 cucharang toyu	0.02
5.	Ing 1/2 manuc, guiling malati 1-1/2 pulgada caba	0.30
6.	Ilulan qñg kawali at pirituan qñg 1 cucharang taba (nung mataba ya ing manuc mititi ya qñg mismung tabá na), quilib ning 10 minutu, at yabe	0.01
7.	Ing 2 cucharang vino de arroz ampon 1 cucharitang asin	0.03
8.	Dinan 2 tasang danum at pabucalan saguli	
9.	Ilicas qñg malating balañga at yabe ing pusu ning saguin, payungpayuñgan, bucni at capising layang tinalip	0.01
10.	Dinan yang tacap a lapat ing balañga at tamban malumeme quilub ning 1/2 hora angga qñg baya na mu ing mitagan.	
	Iti yang pekamaniaman a lutu caring manuc.	
	Gasto Total	0.53

N.B. Mallari nong pacanan ding 8 catau

Sibucan neng

March 11, 1936

Mariano Henson

ANGELES, PAMPANGA

RECIPE NO. 5

BEYUHAN A MANUK AT TOKUA
(lutung intsik)

Pamidalandalan	Pañgasangcap	Alagá queti
1.	Ilaco ing balat ampon ing butul ning 1/2 manuc a dumalaga. . . . at saca bayuan qñg almirez o tangaan (laman 1 tasa lualan),	₱ 0.30
2.	Caibat, yabe ing 1 cucharitang gaw-gaw at saca ing maputi o clara ning metung a ebun a betian ampon 1 tasang caldo chino a masaglawe bandang tauli	0.03
3.	Igogo mayap qñg kawali bayu isiang qñg calang, at cabud misiang na e patugutan gogogo at ikid ya ing kawali nung malapit nang mucal, uling nung lambat mucal dumoc ya lasa.	
4.	Ilulan qñg metung a lulanan at ilele pa mu.	
5.	Mititing 5 capirasung to-kua quilub ning 5 minutu, guilian cuadradung mañgalati at ibabad qñg marimlang danum anggang alá nang tabang lalcas (3 tasa ing tacal niting 5 tokua).	0.08
6.	Isaca ing to-kua at yabe qñg 3/4 tasang jamon hok-siu (100 gramos) a peñgili	0.14
7.	Ampon 1 tasang gatas Evaporada Alpine o 2/3 lata de 14½ onzas. . Nanupata, ing timbang haning to-kua casindacal na ning jamon at gatas a misasamut.	0.10
8.	Ilutu qñg kawali saguli, ma 15 minutu, malumeme tañgab at yabe ñgeni ing manuc at dinan 1/2 cucharitang mayumu ban mag-lasa. E mayap pacatamban pota mipalalu yang malutu ing manuc, at y yapag ne.	

CALDO CHINO

9.	Tadtaran ing 1/4 ning manuc at ing casindacal nang carneng alang taba 1/3 kilo at tamban malumeme qñg 2 tasang danum anggang e murung capitna iting sabo, nung ating gagato tabá ibulug ing daya ning manuc a pete at salacan qñg pañalac a mafinu.	0.35
	Gasto Total	1.00

N.B. Pacanan no ring 12 catau

Sibucan neng

March 11, 1936

Mariang Clenson

ANGELES, PAMPANGA

RECIPE No. 6

QUIM-CHI-JE
(lutung intsik)

Pamidalandalan	Pañgasangcap	Alagá queti
1.	Simen la ring 50 paro maragul a saguiwa, sagsagan la gulut at ilaco ing galudgud dang matuling	₱ 0.35
2.	Itama la qñg 1 cucharang salipo camote powder,	
3.	Tadtaran ya ing 1/2 manuc a liga	0.30
4.	Ampon ing 130 gramos tabang babing saguiwa	0.10
5.	Dinan 1 cucharitang asin,	
6.	Yabe la ring malutu ding 2 ebun a saguiwa	0.06
7.	Isamut ing 2 cucharang salipo camote powder at	0.01
8.	Caniting pasta sacsacanan la ring sigsag a paro,	
9.	Balutanan lang 3/4 tasang jamon Hok-siu (100 gramos)	0.14
10.	Ampon sang a tidtad	0.01
11.	I-tim la ring paro qñg double boiler quilub ning 15 minutu,	
12.	Parimlan la at itama qñg clara sebulan ding 2 ebun a megamit malutu,	
13.	Ipalbug la qñg 1/2 kilong tabang babing mapali	0.43
14.	Catataulian y-yapag la cayabe ning mapilan pirasung dalayap. .	0.10
	Gasto total	1.50

N.B. Mallari lang 50 capirasu at pacanan ding 12 catau nung atin pang aliwang ulam.

Sibucan neng

March 15, 1936

Matilang Alenson

ANGELES, PAMPANGA

RECIPE No. 7

CUY-UAN
(lutung intsik)

Pamidalandalan	Pañgasangcap	Alagá queti
1.	Tadtaran ya ing 1/2 manuc a liga	₱ 0.30
2.	Tadtaran ya ing 1 sibuyas	0.02
3.	Tadtaran ing 130 gramos tabang babing saguiwa	0.10
4.	Abayanan 2 cucharang toyu	0.02
5.	Ampon 3/4 tasang jamon Hok-siu (100 gramos) liga at peñgili cuadr	0.14
6.	Ampon 10 payung-payuñgan intsik maragul peñgili	0.10
7.	Ampon 2-1/2 tasang apulid a peñgili cuadritos(1 lata de 12 onzas)	0.35
8.	Ampon 1 tasang labung (3/4 lata)	0.28
9.	Piabe-abayan ñgan iti ampon sang a peñgili	0.03
10.	Ampon 1 ebun a sebulan	0.03
11.	Ampon 2 cucharang camote powder	0.01
12.	Iti ñgan ibalut qñg ampelia tia limang dali cacaba	0.15
13.	At ibalut pasibayu qñg balat ti-kuy a pepalambutan qñg catsang mabasá, qñg pemirasung 14 a pabalat a maqui timbang 1/2 kilo .	0.20
14.	Babatan qñg sang a ti-3 pulgada cacaba at ibucnul, ban queta e mabagbag ustung pirituan,	
15.	Ipalbug ititi qñg 1¼ kilo tabang babing mapali (2 taza) . . .	0.22
16.	Y-yapag lang mapali ba lang malutung	
	Gasto total	1.95

N.B. Mallari lang 45 captas at pacanan no ring 10 catau nung ating aliwang ulam.

Nung cumulang la ring ti-kuy o caya ding paro, mallaring samutanan tunggal ditac a nasi qñg cawali at gawan morisqueta tostada, qñg cañaman na, culang namu ela maibug magamit ding apulung liri.

Nung e mu buring mañgapisi ing balát ti-kuy e mu palulun qñg intsik nune ibalut qñg talagang léparan na at ilulan qñg carton a malapad.

Sibucan neng

Marzo 15, 1936

Maiang Alensoy

ANGELES, PAMPANGA

RECIPE No. 8

HOW YAU GAI KOW
(lutung intsik)

Pamidalandalan	Pañgasangcap	Alagá queti
1.	Laplapan ya laman ing metung a manuc a mabilug saguiwa (550 gramos) at pañgilian yang cuadritos a metung a pulgada dagul. . . .	₱ 0.60
2.	Sangcapan yang asin, pamintang pulvus, cornstarch 3 cuchara. . .	0.01
3.	At 1 cucharitang toyu.	0.01
4.	I-titi qñg ditac a mantequilla (1 cuchara calus o 10 gramos) qñg cawaling mapali	0.02
5.	Pañgilian ñgang malati iti:	
	1 zanahoria (ing kilo atin yang 40 zanahoriang malati). . .	0.03
	1/4 tasang labung (1/5 lata de 12 onzas)	0.07
	2 captas a quin-chay	0.04
	10 payungpayuñgan intsik a mibabad 1/2 hora	0.10
6.	Ing anggang peñgili qñg No. 5 ilaga qñg 2 tasang danum (16 onzas) quilub ning 15 minutu,	
7.	Iti isamut qñg manuc qñg cawali at ititi pa qñg 1 cucharang calus mantequilla.	0.02
8.	Ampon tugtuganan 1/4 tasa o 1/2 boting malating oyster sauce (Li Kum Kee, ing laguiu na qñg intsik), ititing 3 minutu	0.34
9.	Parayuputan qñg ditac a cornstarch at yapag casiping na lele ing nasi at perejil (parsley)	0.08
	Gasto total	1.32

N.B. Mallari para 2 bandejadong de 12 pulgadas at pacanan no ring 10 catau nung ating aliwang ulam.

Miñgat qñg sangcap a malat pablasang ing oyster sauce tambing neng malat.

Iting calutu culimlim ya itsura uli ning oyster sauce dapot maniaman ya.

Sibucan neng

March 15, 1936

Mariano Henson

ANGELES, PAMPANGA

RECIPE No. 9

PANSIT LUGLUG

Pamidalandalan	Pañgasangcap	Alagá queti
1. Pañgilian malati iti:	1/2 tasang carneng babi maqui tabá (115 grams)	0.03
	1/2 tasang paro saguiwa, 50 o caya 1 litro. .	0.25
	1/2 tasang o caya 1 pieza to-kua	0.02
2. Pulpucan yang matimid ing 2 buntuc a maragul bawang, at		0.01
3. Iguisa qñg 1/2 tasang (105 grams) a tabá		0.08
4. Cabud lare na ing bawang i-guisá na ing babi, paro, to-kua ampon ing		
2 cucharang tidtad a sibuyas filipinu		0.01
ampon 2 tasang jamon hok-siew (190 grams)		0.30
caniti mismung tabá, caibat nang misaca ning bawang a melare at micalilua lulanan,		
5. Yabe qñg gui-guisá ing 1/2 tasa o 2 biscocho de cañang dinunut at bi-		0.01
nabad qñg sabo sinalac ding paro, at		
6. Pabucalan ñgan iti at dagdaganan 1 pang tasang sabo paro a pibabaran		
2 cucharang atsuite at sinalac		0.01
7. Asinan at dinan paminta anggang e maglasa at isundung pabucalan at pa-		0.01
rating gogogo, anggang iting salsa e dayuput at mag-cule malutu.		
8. Mipabucal dacal a danum qñg metung a cacerolang malalam at italbug ca-		
niti ing 1/4 kilong miki, at		0.04
1/2 kilong (28 captas) bijon.		0.28
a macapaunang mibabad 1/2 horas qñg danum,		
9. Caibat nang mitalbug niti qñg danum a bubucal patictican qñg tagung maragul o imalan a sucub a macabitin qñg apat a suluc.		
10. Ilipat na ing miki-bijun caring mañgaragul a bandejado at tugtuganan babo qñg salsang malutu,		
11. Pamutian ya babo qñg:	1/2 tasang tinapang tidtad, leco duyi at balat	0.06
	1/2 tasang chicharron a tidtad	0.05
	1 tasang talabá	0.10
	6 captas a wansuy a maqui tangqué.	0.03
	4 a ebun a masias peñgiling maimpis tulungcabá	0.12
	ing bawang a guisang minuna at pamintang pulvus,	
	at 6 a calamunding a e misundu pañgaguilí	
	capitna	0.01
	Gasto total	1.42

N.B. Nung ating fogon a maqui horno, malaman la lualan ing tinapá, chicharron at talabá nung mi-hornu lang 15 minutu.
Iting sangcap manawang mipaguiu qñg apat a bandejadong maragul at pacanan no ring 20 catau nung ating aliwang ulam.

Sibucan neng

Mariano Clemente Mayo 1, 1936

ANGELES, PAMPANGA

RECIPE No. 10

FISH FILLET WITH BEARNAISE SAUCE

Pamidalandalan — Pañgasangcap	Alagá queti
1. Linisan ya, bacbacan ya balat, ilacó duyi at pañgilian yang manunggal a pulgada caba ing metung a apahap a casantiñgan dagul,.	0.75
2. Y-yamas ya qñg sabo 1 dalayap americanu at ditac a asin	0.15
3. Sabul 2 ebun at	0.06
4. dunutan qñg ásung o almirez ding 10 biscochos de caña	0.05
5. Y-tiling tunggal-tunggal ing asán qñg biscocho, caibat isoso qñg ebun at y-tiling pasibayu qñg biscocho.	
6. Pirituan qñg 1/2 tasang (105 grams) a tabá	0.08
7. Y-yapag maqui salsang anti caniti pañgagawa:	
Salsa na:	
8. Micanang 3 cucharang maragul danum, 1/2 sibuyas, at 3 cucharang aslam sasá qñg metung a cacerolang malati at pabucalan.	0.01
9. Sabulan la ding 4 a mulutu ding ebun at yabe	0.12
10. Abayanan 1/8 cucharitang paminton, 1/4 cucharitang asin	0.01
11. Ampon 4 cucharang calús mantequilla Golden State	0.20
12. E patugutan gogogo anggang e dayuput	
Gasto total	1.43

N.B. Manawa nong pacanan ding 7 catau nung ating aliwang ulam

Sibucan neng

Mayo 1, 1936

Mariano Henson

ANGELES, PAMPANGA

RECIPE No. 11

FISH WITH WHITE SAUCE

Pamidalandalan	Pañgasangcap	Alagá queti
1.	Linisan ya ing metung a apahap o lapu-lapu casantiñgan dagul. .	0.75
2.	At danuman ya itamu sang lumbug ya qñg metung a balañga,	
3.	Buluganan yang 1 sibuyas a penatbí, 1 camatis a maragul a peñgiling macabacle, at 2 cucharang aceite de castilla	0.08
4.	Ilutu saguli anggang e mamalá ing sabo na at	
5.	Y-yapag maqui salsang anti caniti pañgagawa:	
	Salsa na:	
6.	Lumaso 2 cucharang mantequilla Golden State qñg sarten a malati	0.10
7.	Yabe ing 1 cucharang harina o gaw-gaw a maqui cabutilan achara at cabañgal larang suclati	0.02
8.	Igogo mayap anggang e misamut at itugtug ing metung a lata de 14-1/2 onzas a gatas Evaporada Alpine samantalang gogogo	0.14
9.	Pabucalan 15 minutu anggang e marayuput ing salsa,	
10.	Itugtug qñg asan at	
11.	Madiad 2 cucharang calus a queso at ibubud iti babo ning asan .	0.10
12.	At y-hornu ya nung buri yu.	
	Total nang gastus	1.19

N.B. Manawa nong pacanan ding 7 catau nung ating aliwang ulam.

Sibucan neng

Mayo 1, 1936

Mariano Alenson

ANGELES, PAMPANGA

RECIPE No. 12

COCIDO A LA ESPAÑOLA (PUCHERO)

Pamidalandalan — Pañgasangcap	Alagá queti
1. Linisan ya at pi-aduan capirasu ing metung a manuc dumalaga. . . .	₱ 0.50
2. Pañgilian titlung dali ing 1/4 kilong babi	0.10
3. Ampon ing 1/4 kilong solomillo ning vaca	0.10
4. At ibulug ñgan iting atlung tuqui-tuqui qñg danum a bubucal ban queta agad manimusió ing carne at e lungcas ing lasa at mabating,	
5. Ustungmalasadu na iting carne, icawani na caniti ing buring gawan sodagdag iting tuqui-tuqui: pa ban queta maca-aliwa lasa qñg talagang puchero, at canita pa mu i-	
6. Ibulug ing 4 a chorizos secos Armour peñgiling tulipás	0.28
7. 1/2 kilong habichuelas verdes a maca-aptas sinulad at leco taguiang	0.05
8. 1/2 kilong repollo, bulung entero, a tauling yabe cabud melanat no ring habichuelas a mepitna na pañgalutu, ...	0.10
9. Cabulug ning repollo ene dapat tacpan ing caldero ban queta sulagpó ing sustanciang macaroc lasa at macasira cule at lasa caring aliwang gule,	
10. Ibulug la ring 2 camuti (mayap la ring Bintug) quinayud balát. .	0.01
11. Ampon 3 saguin sabóng tinalip	0.01
12. Ampon 1 a sibuyas Bombay a penatbing tiapat	0.01
13. Ampon asin at paminta ban mica lasa cabud ume nang mamalá ing sabó	0.01
14. Y-yapag ya ing puchero qñg bandejado, ing gule macayarreglang mayap macapatulug qñg carne.	
Gasto total	1.64

N.B. Iting sangcap manawang mipaguiu qñg 6 a bandejado, at nayun qñg pañangcap a megamit mura ya mu.

Dapot nung talagang tuntunan ya ing tune cocidong castilang mañaman, mañgailañgan yang 1/2 kilong garbanzos sauco a binabad qñg abú o 2 tabletas bicarbonato sódico qñg vispera at yabe cayagnan ning No. 6 babo, ampon 1/3 kilo o caya 4 a patatas a mañgaragul qñg lugal ding camuti at chorizos de Bilbao qñg lugal ding Armour, ampon relleno a maqui sangcap anti caniti: picadillong jamon, carne at tocino a inamas qñg busal tinape ampon ebun a sebulan a singcapan ditac a paminta, añge ampon cabutilan a pulvus canela. Ding gule tugtugan la qñg mapilan capatac a aslam ampon ditac a a aceite de castillang a dilucanan cabutilan a bawang.

Sebucan neng

Junio 27, 1936

Mariano Henson

ANGELES, PAMPANGA

RECIPE No. 13

MISUA

Pamidalan-dalan	Pañgasangcap	Alagá queti
1.	Pamirasuan at luglugan ing 4 captas misua	₱ 0.04
2.	Tugtugan lang danum a bubucal ma 3 minutu ding 12 paro o 1/2 litro, talipan la; bewan la buntuc at balát, danuman ditac iti, paslan la ampon salacan at icalilua ing sabó ra;	
3.	Wasan ya ing 1/4 patola, talipan ya at panatbian mañgalati.	0.08
4.	I-guisa ing 1 cabutilan a bawang pilpuc at 1/2 sibuyas inalipis . .	0.01
5.	Qñg 1 cucharang tabang mapali qñg balañga	0.02
6.	Ustung malanat na ing sibuyas isalisi nong ibulug ding paro at patola;	
7.	Itugtug na ing sabó paro at danuman bubucal 2-1/2 tasa;	
8.	Sucluban at ilutung ma 5 minutu;	
9.	Ibulug na ñgeni ing misua at palambutan;	
0.	Buburanan ditac a asin at paminta, at yapag mapali.	
	Gasto total	0.16

N.B. Mallaring mipaguiu qñg aduang pingan malucung. Nung buri me pang lacuas manayun a lasa ing misua, dulucan lang baguia pa ding bawang qñg tabáng mapali at abayanan utac qñg No. 6 ampon metung a ebun a saguiwa qñg No. 10.

Sibucan neng

Julio 2, 1936

Mariano Flenson

ANGELES, PAMPANGA

RECIPE No. 14

SIGANG

Pamidalan-dalan — Pañgasangcap — Alagá queti

1. Icusut ya qñg abú, calisquisan, linisan at guilian tulipas atlu capirasu ing metung a bulig a casantiñgan dagul . . . . . ₱ 0.10

2. Danuman 6 a tasa ing metung a balañgá at ibulug la queti at pabucalan deti:

8 camias a mabilug	0.01
2 camatis a malulut	0.02

3. Ustung ding camias malambut na la, isaca la at dunutan qñg sanduc o cuchara, ibalic la qñg sabó bubucal at asinan;

4. Pamututan ya ing 1 a saguin a butulan a pusu, ilaco sabac, at yabe qñg sabó bubucal anggang e lambut 0.03

5. Ibulug ya ñgeni ing asan at pabucalan pa anggang e lutu

Gasto Total ₱ 0.16

N.B. Nung alang bulig mallari ya ing hitu o bañgus, o vaca o babi. Nung alang camias, mallari la ring biabas a malulut, manggang manibalang, tamarindung manibalang, o santul o bulung alibangbang.

Mallaring para 2 catau.

Sibucan neng

Junio 30, 1936

Mariano Alenson

ANGELES, PAMPANGA

RECIPE No. 15

KILAWIN

Pamidalan-dalan	Pañgasangcap	Alagá queti
1.	Pañgilian maimpis tunggal dali ing 1/2 kilong laman babi.	₱ 0.25
2.	Pañgilian maimpis tunggal dali ing 1 kilong até at bagáng tidtad.	0.25
3.	Yamas ya qñg 1/3 tasang aslam sasá a maqui asin at paminta ing até	0.04
4.	Macanian mu naman ing daptan qñg babi,	
5.	Tugtugan yang 1/3 tasang aslam sasá a maqui asin at paminta ing bagá at	
6.	Mi-guisang 2 buntuc bawang at 1 sibuyas inalipis qñg 2 cucharang tabá	0.03
7.	Muna yang ibulug ing bagá pablasang malansa ya at palutucan ya qñg tabá, cayari nang memulutuc, isalisi ya ing até, ustung mucal isalisi ya ing babi at banayaran a tañgab, anggang e lambut ing geganagana, quilub ning 2 horas.	
8.	Nung sacali mamalá ya sabó tugtuganan yang danum catimbang ning memala at e dapat igogo at sucluban nung e pa mical mayap, nung alí ságuiwa ya sangcap.	
	Gasto Total	0.57

N.B. Mallaring mipaguiu qñg 3 bandejadu.

Sibucan neng

Junio 29, 1936

Mariano Florenso

ANGELES, PAMPANGA

RECIPE No. 16

LUMPIANG INTSIK

Pamidalan-dalan	Pañgasangcap	Alagá queti
1.	Ilaga la qng 1/2 tasang danum ding 2 emang matabá casantiñgan dagul, ban queta e la lungcas a tabá, at ustung malutu no balat talipan la pati galamé at icalilua lulanan	₱ 0.16
2.	Talipan la ring 1/2 litrong paro saguiwa at ilulan lang sulió at culuban cayabe ding emang papali qñg balañga	0.11
3.	Bewan la ring buntuc at balat paro saguiwa at paslan la at salacan a sabo;	
4.	Pabucalan la qñg 1 tasang danum qñg balañga deti:	
5.	1 pusit a daing a maragul, anggang e lambut	0.10
6.	1 a asan phe-ji a daing, dapot iti bayu ya palambutan catalbug nang 5 minutu qñg danum a mapali ilaco ya calisquis	0.30
7.	ing danum a pipabucalan careting pusit at phe-ji e dapat yugsé nuné yabe qñg sabó paro at yang pañabo qñg palaman a ilutu;	
8.	Pañgilian malati ñgeni ing pusit at phe-ji;	
9.	Antimu rin ing 4 tokua, maragul cuadritos	0.12
10.	Antimu rin ding 2 repollong saguiwa o 1/2 kilo careti	0.15
11.	Iguisa qñg 4 cucharang tabá muna 4 cabutilan bawang, at tutuqui 1 a sibuyas de Bombay a inalipis anggang e la lare.	0.05
12.	Isalising iguisa ing tokua, tuqui ding paro, ema, pusit, phe-ji, repollo at	
13.	Kinsay, purus tanqué peñgiling malating mapinu	0.02
14.	Itugtug ñgeni ing 2/3 qñg pisamutan a sabó qng No. 7,	
15.	Isamut agad ing 3 cucharang toyo Amoy at ilutu ing palaman ma 15 minutu mu, ban e ya masira lutung ing repollo, e ya maca-empacho at e masira lasa, e ya susucluban ing balañga;	
16.	Caibat na niti isaca na ing palaman at patictican at ibalut ing ti-2 cucharang tacal qñg tulud lichugas a linucut cabilugan qng.	0.05
	talagang 35 pabalat a pilisanan qñg ohsio qñg pipacatan	0.08
17.	Ing pañgolor tauli caring pabalat ya pin ing sabó pipatictican	0.03
18.	qñg No. 16 a tigtug pepasulacan banayad qñg 3 cucharang taba mapali Ing tiltilan nang Oh-sio macanian ya: marimlang itugtug tunggal ditac ing 1/3 qñg sabo ning No. 7 qng 5 cucharang gawgaw, 6 cucharang mayumu, 2 cucharang toyo Amoy at 3 tasang danum, igogo laganas, ipaling atole.	
		Gasto total ₱ 1.17

N.B. Picatsá que iti.

Sibucan neng

Junio 29, 1936

Mariano Alenson

ANGELES, PAMPANGA

RECIPE No. 17

PESCADO EN BLANCO

Pamidalan-dalan	Pañgasangcap	Alagá queti
1.	Calisquisan ya at linisan ing metung a asan a maragul (bulig, apap, o lapu-lapu), asinan ya at udiuran mayap qñg asin.	₱0.50
2.	Misiang balañga maqui danum casantiñgan itang lumbug ya ing asan;	
3.	Dinan yang asin maqui sabó dalayap o ditac a aslam ing asan. . . .	0.05
4.	Ustung ing danum mucal ne, ibulug ne ing asan, at tamban malumeme ma 20 minutu anggang ing laman e cawani qñg duyi na; miagnan mitalbug 1 a ebun at pasiasan, gamitan ya bandang tauli	0.03
5.	Cabang malulutu ya ing asan, tumalip 2 buntuc bawang at tadtaran .	0.02
6.	Talipan la ring 2 sibuyas at pirasuan lang tiapat	0.02
7.	Antimurin ding 3 patatas at 4 a camatis a casantiñgan dagul . . .	0.07
8.	Ilaco la yamut ding 1 captas kinsay at 5 sang at luglugan	0.03
9.	Ustung malambut ne ing asan, ilipat ya qñg 1 bandejadong mapali;	
10.	Mitugtug 1 cucharang aceite de castilla qñg sarten, ipali, at . .	0.025
11.	Iguisa ing bawang anggang e malanat, yabe ing pilagan a sabó; ustung mucal na ibulug no ring penatbing patatas at sibuyas; at ustung magmula nong lalambut deti, ibulug no ring camatis, kinsay at sang;	
12.	Lumaso 2 cucharang gaw-gaw qñg ditac a danum marimla	0.01
13.	Nung melanat na ing gule, isaca pa mung patictican, ...	
14.	Parayuputan ing sabó qñg linaso gaw-gaw at sangcapan asin at paminta, at tugtuganan pang 1 cucharang aceite de castilla	0.025
15.	Iquid ne ing balañga;	
16.	Talipan ya at pitnan ing ebun a masias macabaclé; itumpac ya ing maragul diling pirasung sibuyas qñg atian ning asan, babo ning sibuyas mitumpac capirasung camatis, at babo niti carin ya itumpac ing capirasung ebun a masiac a guili macapatulug antimong balimbing;	
17.	Micanang 1 a sang guinile at quinayud qñg gulut ning cuchillo ba yang miculut ampon 1 bulung kinsay qñg asbuc ning asan. Yarregla ing mañgalating pirasung kinsay qñg asan ampon ing gule macapatulug qñg asan pati na ing capitna qñg ebun a masias;	
18.	Itugtug ñgeni ing salsang marayuput qñg pila-pilatan ning gule ita sang e magulu ing panagaula na.	
	Gasto Total	0.78

N.B. Mallaring 1 bandejadong maragul.

Sibucan neng

Mariano Alenson

Julio 2, 1936

ANGELES, PAMPANGA

RECIPE No. 18

LUMPIA FRITO

Pamidalan-dalan	Pañgasangcap	Alagá queti
1.	Tadtaran ing 1/2 kilong laman babi	₱0.25
2.	Tadtaran ing 1 camatis a malulut maragul	0.01
3.	Antimu rin 1 a buntuc a bawang at 1/2 sibuyas cawa-cawani	0.01
4.	Talipan la at pañgilian malating cuadrado ding 10 patatas (1 kg) .	0.14
5.	Iguisa na ing bawang, qñg 1 cucharang tabang mapali	0.02
6.	Tuqui nong ibulug ding sibuyas, camatis, patatas ampon carne;	
7.	Asinan at dinan paminta;	
8.	Ustung malambut na ing carne iquid na at ti-2 cuchara itungcus	
9.	Qñg 32 pabalat at caibat ning pamanungcus	0.05
10.	Mipaling 2 tasang tabá qñg sarten, palbug lang tia lima-lima ding lumpia, pibiling-biling la anggang e la lare baguia; ing sipsipan dang tabá angga mung 1-1/4 tasa	0.38
11.	Yapag lang mapali maqui tiltilan 1 buntuc bawang a pilpuc mañgalati at biburanan 1/2 cucharitang pamintang dinunut at macasamut qñg 1/2 tasang aslam sasá	0.02
	GASTO TOTAL	0.88

N.B. Mallaring 3 bandejado. Nung buri me pang lacuas manayun a lasa iting lumpia abayanan yang 1/4 kilong garbanzos sauco a binabad ita pang ca-visperasan. Qñg No. 6 la ibulug.

Sibuan neng

Junio 30, 1936

Liliang Lorenzo

ANGELES, PAMPANGA

RECIPE No. 19

PINACBET

Pamidalan-dalan — Pañgasangcap	Alagá queti
1. Linisan ya qñg abú, wasan at iderang ing 1 a bulig malati. . . .	₱ 0.10
2. Wasan la at bañgalan at pamitnan ding 5 balasenas leco tangqué .	0.02
3. Wasan la, ilaco butul at pamututan tiapat ding 3 apalia	0.01
4. Ibabad lang 1/2 hora qñg danum a marimlang maqui asin deting gule;	
5. Ilaco la taguiang at pañgilian titlung dali ding 20 camañgiang .	0.08
6. Alipisan la ring 2 sibuyas a maragul	0.03
7. Antimu rin ding 2 camatis a maragul	0.02
8. Micanang 5 cucharang tabá qñg metung a balañgá at.	0.09
9. I-guisa ing 5 cucharang alubebe	0.03
10. Pañgilian yang ti-apat ing asan at yabe yang i-guisá;	
11. Ibulug no ñgeni ding sibuyas, camatis ampon isamut ding gule anggang e la tanggap mayap qñg lasa, pisangle-sangle la;	
12. Danuman lang 4 a tasa;	
13. Ilutu anggang e la malambut;	
14. Nung matabang asinan pang 1 cucharita.	
GASTO TOTAL	0.38

N.B. Mallaring 2 bandejado
Nung ating sigarillas (seguidillas) ampon okrang mura (malagu) pamututan la at yabe qñg No. 11, lacuas yang mañaman.

Sibucan neng

Julio 1, 1936

Mariano Atienson

ANGELES, PAMPANGA

RECIPE No. 20

PANSIT

Pamidalan-dalan — Pañgasangcap	Alagá queti
1. Pañgilian yang malati ing 1 a tokua	₱ 0.02
2. Talipan la ring 25 paro saguiwa o 1 litro, daldacan la balat at buntuc, danuman lang 1 a tasa, paslan la at salacan at icalilua ing sabó ra	0.15
3. Ilutu ing 1/8 kilong babi laman qñg ditac a danum	0.05
4. I-guisa la ring paro ampon tokua at ustung lutu na iquid pa mu;	
5. Pirituan ing 1/2 buntuc bawang at 1/2 sibuyas at icalilua ing 1 a cuchara qñg bawang a frito panagaula bandang tauli;	0.02
6. Ibulug ñgeni ing carne, tutuqui ding paro ampon tokua qñg balañga;	
7. Tugtuganan 1 a cucharang patis at ilutu saguli	0.01
8. Ibabad ing 16 captas a bijon qñg danum a marimla ma 4 a minutu	0.05
9. Luglugan ing 1/8 kilong miki	0.02
10. Ibulug ing bijon at miki ñgeni qñg laman ning balañga;	
11. Yabe ing sabó paro qñg No. 2, sucluban at ilutung malumeme 10 minutu at igogo malagad-lagad;	
12. Yapag biburanan bawang a fritu ampon penatbing 1 a ebun a masias	0.03
13. Ipatulug la qñg bandejado ding 6 a calamunding a guili capat a daque;	0.01
14. Ampon ing 1 a cucharang bulung kinsay at yapag ne	0.02
GASTO TOTAL	0.38

N.B. Mallaring 2 bandejado.
Qñg No. 5 ing bawang tinalip at pilpuc, ing sibuyas de Bombay o Bermuda maragul, tinalip ya at peñgiling cuadritos.

Sibucan neng

Julio 1, 1936

Mariano Pierson

ANGELES, PAMPANGA

RECIPE No. 21

TORTANG CARNE

Pamidalan-dalan	Pañgasangcap	Alagá queti
1.	Tadtaran ing 1/2 kilong babi	₱ 0.25
2.	I-guisá ing 4 a cabutilan a bawang at 1/4 sibuyas tidtad	0.01
3.	Qñg apat a cucharang tabang mapali	0.07
4.	Ustung malambut na ing sibuyas ibulug la ring 4 a malating camatis a penatbi at igogo mayap	0.02
5.	Yabe ñgeni ing carne at 1 a cucharitang asin at 1/8 cucharitang pamin-ta at igogo mayap at palambutan	0.01
6.	Iquid pa mu qñg apí at parimlan;	
7.	Sabul 3 ebun manuc o 2 ebun itic at yabe la at isamut mayap qñg carne;	0.09
8.	Misapad capirasung bulung saguin qñg sarten a maqui ditac a tabang mapali at queti bubulug cu-charan ing palaman at lilimit; . . .	0.01
9.	Caibat ning 5 minutu melare ne lalam ing torta iquid ya at isacub qñg bandejadong maqui bulung at paragus yang pasibayu at i-titi casumañgid qñg cawali anggang e lare at yapag ne, ilacó ing bulung.	
	GASTO TOTAL	0.45

N.B. Mallari yang 2 bandejado

Sibucan neng

Julio 1, 1936

Mariang Peterson

ANGELES, PAMPANGA

RECIPE No. 22

COMMONWEALTH GULAY

Pamidalan-dalan — Pañgasangcap	Alagá queti
1. Pamututan ing 2 tasang tulud cankung, 5 captas	₱ 0.01
2. Antimu rin ing 2 tasang langguc culubasa, 6 captas	0.05
3. Panatbian ing 2 tasang balasenas	0.01
4. Antimu rin ing 1 a tasang culubasa, 1/8 daque	0.08
5. Ibabad ñgan iting gule qñg danum a inasinan;	
6. Sancochan ing 1/8 kilong babi qñg ditac a danum a inasinan at caibat pamututan mañgalati, ing lualan tacal 1/2 tasa	0.05
7. Sancochan la naman ding 1 litrong paro saguiwa qñg mismung danum a pi-sincochan babi, at, caibat sagsagan la gulut, ing lualan dang tacal 1 a tasa	0.15
8. Daldacan ing buntuc paro at ing balat da, danuman qñg sabó pi-sincochan, paslan at salacan at icalilua pa mu iting sabó paro;	
9. Micaliluang ditac canit ing babi at paro at icusut iculaput qñg ditac a harina o gaw-gaw at pirituan qñg dacal a tabang mapali.	0.02
10. Ipinpin la reting frito para panagaula bandang tauli;	
11. I-guisa ing 4 a cabutilan a bawang, 1/2 sibuyas maragul, 5 camatis casantiñgan a dagul penatbi la ñgan ampon 1 a cucharang baguc .	0.08
12. Isalisi nong ibulug ding paro at babi at yabe ing sabó paro qñg No. 8, igogo laganas anggang e mucal;	
13. Ibulug ne ing culubasa, balasenas, at ustung lambut na ing culubasa catataulian lang ibulug ding langguc;	
14. Ilutung ma 15 minutu pa anggang e la lambut ding gule dapot e no man sa milalalu;	
15. Ibili qñg bandejado at yarregla ing babing rebosado macapatulug at ding paro qñg libutad, at yapag mapali.	
GASTO TOTAL	0.45

N.B. Mallaring 2 bandejado.

Sibucan neng

Julio 3, 1936

Mariano Henson

ANGELES, PAMPANGA

RECIPE No. 23

ADOBONG MANUC AT BABI

Pamidalan-dalan	Pañgasangcap	Alagá queti
1.	Linisan ya at pamirasuan casantiñgan ing manuc a dumalaga. . . .	₱ 0.35
2.	Pamirasuan yang tiduang dali cuadrado ing babi (casim) 1/2 kilo.	0.25
3.	Piabayan qñg balañga iti:	
4.	Tadtaran ing 5 cabutilan a bawang at yabe qñg 1/2 cucharitang pamintang mabilug at ibulug	0.01
5.	Qñg 1/2 tasang aslam sasá a maqui 1 cucharang asin	0.02
6.	Itugtug iting sangcap No. 4 at No. 5 qñg carne at yamas ma 5 minutu;	
7.	Caibat na niti tugtugan danum a bubucal ita mung ustung lumbug ing carne;	
8.	Sucluban ya ñgeni ing balañga at e pa gogogo anggang e mucal;	
9.	Tamban malumeme at ustung mucal na ibulug ing capitna sibuyas a inalipis ampon 2 cucharang toyu Amoy	0.03
10.	Isunu ya tañgab anggang e lare ing bawang at dayuput a sabó;	
11.	Nung e matabá ing babi at manuc dinan 2 cucharang tabá bayu iquid	0.04
	GASTO TOTAL	0.70

N.B. Mallaring 2 bandejado.
Qñg No. 4 at 9 ing bawang tinalip ya at pilpuc, ing sibuyas de Bombay o Bermuda maragul, tinalip ya.

Sibucan neng

Julio 2, 1936

Mariano Alenson

ANGELES, PAMPANGA

RECIPE No. 24

PALAMAN PANARA

Pamidalan-dalan	Pañgasangcap	Alagá queti
1.	Wasan ya at pañgilian mapinu ing opung casantiñgan a dagul . . .	₱ 0.10
2.	Talipan la ring 1/2 litro paro malañgi at daldacan a buntuc at icalilua sabó caibat mibabad	0.05
3.	Mi-guisang 3 cabutilan a bawang a pilpuc	0.01
4.	Qñg 3 cucharang tabá	0.06
5.	At isalisi ing 1/2 tasang sabó atsuiti	0.01
6.	Ibulug la ñgeni ding paro at i-guisá anggang e la tanggap sangcap;	
7.	Ibulug ñgeni ing opu at buburanan 1/8 cucharitang paminta . . .	0.01
8.	Yabe ing sabó paro;	
9.	Sucluban at igogo malagad-lagad anggang e lambut.	
	GASTO TOTAL	0.24

N.B. Mallaring 3 bandejado.

Sibucan neng

Julio 6, 1936

Mariano Henson

ANGELES, PAMPANGA

RECIPE No. 25

LUTUNG PUSIT

Pamidalan-dalan — Pañgasangcap — Alagá queti

1. Ilaco lang bagutan a duyi ding 1 litrong pusit at luglugan saguli. ₱ 0.45
2. Ipascad la qñg 1/4 tasang aslam sasang maqui ditac a asin 0.01
3. Icalilua pa mu ing tinta rang lungcas;
4. Ustung mucal na la, iquid la at pañgilian mapinu macabaclé;
5. Caibat, i-guisá ing 2 cabutilan a bawang a pilpuc, 1/4 sibuyas a inalipis mapinu at 1 a camatis a malating inalipis mu naman qñg 1 a cucharang tabá 0.04
6. Ustung malanat na iting sangcap ibulug no ring pusit;
7. Sangcapan lang ditac a paminta at sucluban.

GASTO TOTAL 0.50

N.B. Mallaring 2 bandejado

Sibucan neng

Julio 3, 1936

Mariano Blanco y

ANGELES, PAMPANGA

RECIPE No. 26

LAGAT APALIA

Pamidalan-dalan — Pañgasangcap — Alagá queti

1. Wasan la, ilaco butul at pañgilian malati ding 3 apaliang maragul. ₱0.21
2. Yamas la qñg 1 cucharitang asin at paslan ban lungcas ing mapait at luglugan mayap 0.01
3. Talipan la ring 1/2 litro o 10 paro saguiwa, bewan la balat at buntuc, danuman 2 tasa, paslan at salacan at icalilua sabó 0.08
4. Pañgilian mañgalati ing 1/8 kilong babi. 0.05
5. Alipisan ing 1 a sibuyas at panatbian malati ding 2 camatis . . . 0.04
6. Pulpucan ya ing 1 a buntuc a bawang 0.01
7. Ipiritu ya ing babi qñg cabud taba at caniti ya palaren ing bawang;
8. Ibulug ing sibuyas at palaren;
9. Isalisi ing camatis at apalia at pisangle-sangle 5 minutu anggang e lanta at tanggap mayap sangcap;
10. Itugtug ing sabo paro ibat qñg No. 3 at pabucalan;
11. Ibulug la ring paro ampon asinan 1 a cucharita at pabucalan ma 10 minutu pa;
12. Iquid qñg apí pa mu at tugtuganan 1 a ebun a sebulan mayap at isamut igogo mayap 0.03

GASTO TOTAL 0.43

N.B. Mallaring 2 bandejados

Sibucan neng

Julio 10, 1936

Mariang Person

ANGELES, PAMPANGA

RECIPE No. 27

PARO A LA CREOLE

Pamidalan-dalan	Pañgasangcap	Alagá queti
1.	Talipan la ring 3 litrong paro saguiwa, sagsagan la gulut, bewan la buntuc at balat, danuman lang 1 tasa, paslan la, t salacan . .	₱ 0.45
2.	Alipisan mapinu ing 1 sibuyas, tadtaran 2 cabutilan a bawang . .	0.02
3.	At yamas la caniti ding paro at buburanan 1 cucharitang asin ampon 1/8 cucharitang paminta matuling pulvus	0.01
4.	I-guisa la qñg 1 a cucharang tabá	0.02
5.	Yabe ing sabó paro at ilutung pabucalan anggang 10 minutu;	
6.	Asinan pang 1 cucharitang calús, igogo at yapag na.	
	GASTO TOTAL	0.50

N.B. Mallaring 1 a bandejado.

Sibucan neng

Julio 10, 1936

Mariang Valenzuela

ANGELES, PAMPANGA

RECIPE No. 28

LAGAT REPOLLO

Pamidalan-dalan	Pañgasangcap	Alagá queti
1.	Luglugan ya ing 1 a repollo casantiñgan a dagul, ilaco la ring bulung a matua at atbian yang tiapat at ilaco ing busal, ibabad at tadtaran	₱ 0.15
2.	Talipan la ring 1 litrong paro saguiwa, bewan la buntuc at balat, danuman 1/2 tasa at paslan at icalilua sabó	0.15
3.	Talipan la at tadtaran 2 camatis at 1 sibuyas	0.03
4.	At pulpucan ing 3 cabutilan a bawang, talipan la	0.01
5.	Pañgilian malati ing 1/4 kilong babi at i-guisá	0.10
6.	qñg 2 cucharang tabá anggang e lare	0.04
7.	Iquid pa mu ing babi qñg sarten;	
8.	I-guisá ing bawang, sibuyas at camatis anggang e lambut ing sibuyas;	
9.	Ibalic ñgeni ing babi qñg guiguisá; danuman 1/2 tasa.	
10.	At ibulug la ring paro, repollo ampon ing sabó paro at ilutung banayad ma 15 minutu; é ya susucluban.	
11.	Asinan 1 cucharita, o caya 1 cucharang patis qñg N. 9.	
	GASTO TOTAL	0.48

N.B. Mallaring 2 bandejado.

Sibucan neng

Julio 6, 1936

Maiang Clerson

ANGELES, PAMPANGA

RECIPE No. 29

CULUBASANG MAQUI PARO AT BAGUC

Pamidalan-dalan — Pañgasangcap — Alagá queti

1. Talipan ya at pamututan malati ing 1 a culubasa . . . . . ₱ 0.08
2. Talipan la at daldacan a buntuc at balat ding 1/2 litrong paro saguiwa 0.07
3. Paslan at salacan ing balat paro a denuman 2 tasa;
4. Alipisan ing 1 sibuyas at pulpucan ing 1 a buntuc bawang . . . 0.02
5. I-guisá ing bawang qñg 2 cucharang taba anggang e lare 0.04
6. Isalisi ya ing sibuyas at ustung lambut na
7. Isalisi la ring paro;
8. Ampon ing 1 a cucharang baguc 0.02
9. Ilutung ma 2 minutu;
10. Ibulug ing culubasa at igogo 3 minutu;
11. Isamut ing sabó paro at pabucalan anggang e lambut dapot ene man sa lelelut ing culubasa.
12. Asinan 1 a cucharita salipo nung e la malat ding baguc

GASTO TOTAL 0.23

N.B. Mallaring 2 bandejado

Sibucan neng

Julio 4, 1936

[signature]

ANGELES, PAMPANGA

RECIPE No. 30

LAGAT PECHAY

Pamidalan-dalan	Pañgasangcap	Alagá queti
1.	Pamututan manunggal dali quitid ing tulud ding 6 a ca-pun a pechay	₱0.06
2.	Talipan la ring 1 litrong paro at daldacan la balat at buntuc. . .	0.15
3.	Danuman 1 tasa ing balat paro, paslan at salacan at icalilua;	
4.	Pañgilian mañgalati ing 1/8 kilong babi at pirituan anggang e lare	0.05
5.	Isalisi lang palaren ding 3 cabutilan a bawang pilpuc, t tinalip .	0.01
6.	At isalising i-guisa ing 1 a sibuyas qñg 1 a cucharang tabá . . .	0.04
7.	Yabe no ring paro at sangcapan 1 a cucharitang alubebe	0.01
8.	Ibulug na ing pechay at ustung malanat na pisicanan paminta	
9.	Itugtug ing sabo paro at igogo;	
10.	Pabucalan ma 5 minutu at iquid na.	
	GASTO TOTAL	0.32

N.B. Mallaring 1-1/2 bandejado

Sibucan neng

Julio 4, 1936

Mariang Clenson

ANGELES, PAMPANGA

RECIPE No. 31

MISUANG PIRAGLI

Pamidalan-dalan	Pañgasangcap	Alagá queti
1.	Pamirasuan at luglugan ing 4 captas misua	₱ 0.04
2.	Ibabad la qñg danum ding 4 a caguiling, 30 gramos o 2 cucharang canatsu quilub ning 1/2 hora	0.04
3.	I-guisá ing 1 a buntuc a bawang a pilpuc anggang e misunu pañgalare dapot e ne mansa madudulu c	0.01
4.	qñg 1 a cucharang tabang mapali qñg sarten	0.02
5.	Isalising paqui-guisa ing canatsu at idicdic qñg bulung ning sanduc;	
6.	Ibulug caibat ing misua at isangle mayap qñg guisa ma 3 minutu;	
7.	Danuman ñgening 5 tasa qñg danum a bubucal qñg takurí;	
8.	Idicdic ing misuang punggul-punggul at igogo anggang e laganap macalag ing misua;	
9.	Tugtuganan 1 a cucharang patis	0.02
10.	Sucluban at ilutu pang ma 5 minutu;	
	GASTO TOTAL	0.13

N.B. Mallaring 6 a pinggan malucung

Sibucan neng

Julio 30, 1936

Maiang Valenzuela

ANGELES, PAMPANGA

RECIPE No. 32

LUTUNG TAUGUE

Pamidalan-dalan	Pañgasangcap	Alagá queti
1.	Simen la,t ilaco balat at linisan ding 2 litrong taugué, ing tacal da 4-1/2 tasa	₱ 0.08
2.	Talipan la ring 1/2 litrong paro saguiwa, daldacan la buntuc at balat, danuman iting 2 tasa, paslan, salacan at icalilua . .	0.09
3.	Pamututan lang titlu ding paro; guilian malati cuadrado 1 a tokua	0.02
4.	Talipan la, at luglugan at pamututan malati ding 2 patatas . . .	0.02
5.	Alipisan at pamututan ya ing 1/2 sibuyas at pulpucan ya ing metung a buntuc bawang, talipan	0.01
6.	I-guisá ya at palaren ing bawang qñg 1 a cucharang taba	0.02
7.	Isalisi ing sibuyas, ding paro, ding patatas, ing tokua, pisangle-sangle lang 2 minutu, tuqui ing taugué pisangle-sangle 5 minutu;	
8.	Itugtug na ing sabo paro;	
9.	Pusitanan sabo ning 1/2 dalayap americano o 1 a cucharita sabo na	0.05
10.	Asinan 1 a cucharitang salipo at igogo at i-yamas mayap;	0.01
11.	Pabustan mucal 2 minutu qñg masican a tañgab;	
12.	Batian ya ing 1 a ebun at ilacó ing sabo ning taugué isamut mayap qñg taugué at iquid ne	0.03
	GASTO TOTAL	0.33

N.B. Mallaring 3 bandejado.
Mallari mu namang gawan palaman lumpia, dapot nung deti fritu la papamalan pa mu ing sabo o caya patictican ing laman canita e la milaco lugut-lugut ding taugué at i-piritu la ding lumpia qñg 1 tasang tabang mapali, ita mung lare lang ditac ding pabalat iquid na la.

Ing Recipe a iti dacal ya amino-acids qñg taugué at tokua, lacuas na ing lecithin nang dacal ning taugué.

Sibucan neng

Agosto 3, 1936

Mariano Alerson

ANGELES, PAMPANGA

RECIPE No. 33

CROQUETAS BALATUNG AT MAIZ

Pamidalan-dalan — Pañgasangcap	alagá queti
1. Quisquisan la ring 4 a pusung maiz mañgaragul o ibuclat ya ing 1 a latang maiz de 1 libra maiguit, tacal 2 tasa.	P0.25
2. Cayagnan ding maiz pabucalan la ding 1/2 litrong balatung, tacal 2 tasa ustung malutu la.	0.03
3. Tadtaran ing 1/4 kilong babi	0.12
4. Nung malambut no ring maiz at balatung iquid na la at patictican;	
5. Dumutuan la qñg bitsé o tagú ding maiz-balatung at yugsé ing sapal;	
6. I-guisá ing 1 buntuc bawang tidtad at 1 sibuyas tidtad mu naman.	0.02
7. Cabud melambut na ing sibuyas isalisi ding 2 camatis a penatbí.	0.02
8. Ampon ing carneng tidtad;	
9. Isunu pañgalutu, gogogo pané anggang e dayuput;	
10. Bulusanan 6 a tasang gaw-gaw tunggal ditac at igogo	0.13
11. Tugtuganan 4 a cucharang toyu ampon 1 bulung sang tidtad. . . .	0.04
12. Ampon 1 a cucharang mantequilla Golden State at yamas mayap . .	0.05
13. Lumaso ma 8 bizcocho de caña, mugmugan la qñg almirez	0.04
14. Malmalan at bilugan ing sangcap carne, maiz-balatung;	
15. Italbug la reting bola-bola qñg 8 ebun a sebulan	0.24
16. Caibat, pitili-tili la qñg mugmug a bizcocho;	
17. Agnan lang i-piritung macalbug at pibiling-biling lang ma 2 minutu qñg 1 a tasang tabáng mapali a maca- quid	0.30
18. Patictican la,t iquid.	
GASTO TOTAL	1.24

N.B. Mallari lang 50 croquetas. Nung macapiac cang mamañgan careti malinamnam la, dapot alila para caring mata pablasang tuling la laman uli ning "tannin" ning balatung a mirinan qñg bacal ning sarten a bacal.
Eata, ing gamitan a sartén aluminio.

Sibucan neng

Julio 3, 1936

Mariano Henson

ANGELES, PAMPANGA

RECIPE No. 34

ALBÓNDIGAS BABI AT PARO
SALSEADONG CAMATIS

Pamidalan-dalan — Pañgasangcap	Alagá queti
1. Ibangli la ring 1/2 litrong paro saguiwa qñg ditac a danum a bubucal a maqui asin 1 cucharita at talipan la	₱0.08
2. Tadtaran mapinu ing 1/2 kilong babi misan pa mu	0.25
3. Caduang pamanadtad yabe lang tadtaran ding paro;	
4. Ampon 2 cabutilan a bawang a pilpuc, at 2 ca-pun a sang a pemutut	0.01
5. At cabang tatadtaran iti tugtuganan 1 a cucharitang tabá	0.01
6. Ampon 1 a cucharitang asin at 1/2 cucharitang paminta	0.01
7. Ampon ing capitna na ing 1 a ebun a sebulan	0.03
8. Buburanan ñgening 5 cucharang salipó gaw-gaw	0.01
9. Yamas ya ñgeni iting masa at bilúgan tanting sirguelas a dagul;	
10. Mipaling 3 cucharang tabá at queti la ipiritu ding bola-bola tia 12 ing asiang at pibiling-biling la anggang e la sumias baguia;	
11. Ustung malaré na la isaca la pa mu at patictican;	
12. Mibuclat 1 a lata camatis castila de 7 onzas at iguisá qñg tabang pipamirituan bola-bola	0.10
13. At yabe ing tidtad a 1/2 sibuyas caniting salsa	0.01
14. Ustung melambut na ing sibuyas yabe la ring bola-bola at ilutu pang ma 5 minutu; damuman bubucal 1 tasa at pabucalan misa; asinan 1 a cucharitang calús;	
15. Iquid ya ing sarten ñgeni, at cabang mapali ya idagdag ing tagan qñg ebun e mesabul at igogo mayap anggang e magculta ing ebun, at yapag ne.	
GASTO TOTAL	0.51

N.B. Mallaring 36 albondigas
a mipaguiu qñg 2 bandejados.

Sibucan neng
Julio 9, 1936

Mariano Henson

ANGELES, PAMPANGA

RECIPE No. 35

CRÉME DE LA CRÉME

Pamidalan-dalan — Pañgasangcap	Alagá queti
1. Ilaga ya ing 1 a ema casantiñgan a dagul qñg 1/2 tasang danum a maqui 1 a cucharitang asin at sucluban	₱ 0.10
2. Cabud mucal ing pilalagan ema ibangli queti ing 1/4 kilo utac buntuc o galudgud, a liglugan mayap a daya qñg danum	0.05
3. Talipan la ring 1 a litro o 20 paro saguiwa, bewan la balat at buntuc at danuman 1 tasa, paslan at salacan at icalilua	0.15
4. Apsian a bulung ing 2 captas a culitis, luglugan at ibabad . . .	0.02
5. Pamirasuan yang casindagul na ning culitis ing 1 a repollo casantiñgan a dagul, ilaco ya busal at ibabad mu naman	0.12
6. Mibabad 2 cucharang atsuite qñg 1/2 tasang danum, liguisan, salacan;	0.01
7. Pañgilian cuadritos ing 1/4 kilong até at luglugan	0.10
8. Pañgilian cuadritos ing 4 a catalab a tokua	0.07
9. Atbian lang mañgalati ding 2 camatis casantiñgan a dagul	0.02
10. Balbalan la ring 3 ebun a balút saputí a tambing nang lutu, yugse la batu at ilaco la sisi uling macalansa la at dunutan la qñg cabud sabó ra	0.15
11. I-guisá ing 3 cabutilan a bawang a pilpuc qñg 1 cucharang taba .	0.02
12. Isalisi ing até at pisangle-sangle anggang e magticum at lambut;	
13. Ustung melanta no ring bawang isalising iguisa ing sabo atsuite;	
14. Isalisi la ring camatis at dunutan;	
15. Yabe yang idunut ing catalab a tahuri at isamut mayap	0.02
16. Ibulug no ring ema ampon paro para-parang tinalip at igogo mayap anggang e la manicungcung at malutu ing paro;	
17. Ibulug na ñgeni ing balút at igogo ma 5 minutu;	
18. Yabe na ing sabó paro ibat qñg No. 3 at pabustan mucal ma 5 minutu;	
19. Tugtuganan 1 a boting gatas (1-1/2 tasa, 357 gramos) damulag . .	0.06
20. Ibulug muna ing repollo at igogo mayap, salisi ya ing culitis at isamut igogo itamung ustung malanat, iting pañgalutu ding 2 gule angga mung 5 minutu at E LA susucluban, alang patugut ing gogo.	
GASTO TOTAL	0.89

Mallaring 3 bandejados

Sibucan at picatsa neng

Julio 9, 1936

ANGELES, PAMPANGA

RECIPE No. 36

BATSUY

Pamidalan-dalan	Pañgasangcap	Alagá queti
1.	Gatgatan ing tabá ning 1/2 kilong ba-batsuyan, pañgilian ca-santiñgan a dagul at icalilua pa mu	₱ 0.25
2.	Pañgilian mu namang macanian ing cundilat at icalilua pa mu;	
3.	Ilaco ing maputi ning batú uling maca-baling;	
4.	Titian ing tabang megatgat qng No. 1 qñg mismung tabá na;	
5.	At caniting tabang lingcas carin ya ititi ing cundilat anggang e lambut at manimusio;	
6.	Isalising iguisá ing 2 cabutilan a bawang a pilpuc ampon anting tindaragul gamat a layang pilpuc leco balat at 1/4 sibuyas tidtad	0.03
7.	Ustung malambut na ing sibuyas tugtuganan 2 cucharang patis . .	0.06
8.	Ibulug ñgeni ing batú at pabucalan malambat ma 15 minutu;	
9.	Caibat danuman 4 a tasa at pabustan pang mucal, at sucluban;	
10.	Ustung malambut na iquid na. Isaca la ring laya.	
	GASTO TOTAL	0.34

N.B. Mallaring 3 pingan a malucung.

Sibucan neng

Julio 9, 1936

Mariano Alenson

ANGELES, PAMPANGA

RECIPE No. 37

HAMBURG STEAK

Pamidalan-dalan	Pañgasangcap	Alagá queti
1.	Piabayan tadtaran miamasamas ing 1/2 kilong solomillong vaca . .	₱0.25
2.	Ampon ing ditac a tabang lagat babi	0.05
3.	Tadtaran macacalilua iti: 1 a buntuc bawang at ca-pun a sang . .	0.02
4.	At yabe paquitadtad iti qñg metadtad nang carne;	
5.	Buburanan 1 a cucharang calus a asin iti;	
6.	Ampon tugtuganan 1 a cucharang salsa Lea & Perrins o nanumang salsa Worchestershire mayap antimo ing C.H.B.	0.06
7.	Yamas mayap ñgeni qñg metung a bandejadong malucung;	
8.	Cumang manunggal cuchara caniting carne, bilugan anting maruya at pipitan maimpis;	
9.	Isapad la reti qñg Parrilla o nung ating fogon, qñg macapatulug qñg mumunang busbus ning bácal at queti la pibiling-biling anggang e la lungcas a taba at lare ing carne.	
	GASTO TOTAL	0.38

N.B. Mallaring 15 capirasu o 2 bandejados

Sibucan neng

Julio 11, 1936

Mariano Alenson

ANGELES, PAMPANGA

RECIPE No. 38

SABÓ BALÁTUNG

Pamidalan-dalan	Pañgasangcap	Alagá queti
1.	Ilaga lang ma 2 horas ding 1 litrong balatung, patictican la, isaca la at dunutan palput qñg tagú o bitsé masinsin at yugse la sapal at icalilua pa mu ing balatung a dunut	P0.06
2.	Tugtugan lang danum a bubucal ding 1/2 litrong paro saguiwa, talipan la, bewan la buntuc at balat, sabon lang 1/2 tasa deti, paslan la, salacan at icalilua pa mu ing sabo ra.	0.08
3.	Mulpuc 3 cabutilan a bawang at tinalip	0.01
4.	Qñg 1 a cucharang tabá la iguisa	0.02
5.	Cabud lare la ring bawang isalisi lang iguisá ding paro; . . .	
6.	Ampon 2 tasang pititian a mañgalati guilí	0.02
7.	Sangcapan 1 a cucharang baguc at yabe pi-guisá-guisá	0.03
8.	Yabe na ñgeni ing balatung ampon ing sabo paro ibat qñg No. 2 at ena patugutan gogogo angga qñg mucal at angga qñg iquid ban e langnis at dumoc a lasa;	
9.	Catataulian, bayu iquid buburanan 1 a ca-pun a sang a peñgiling malati ampon 10 cucharang bulung linugus camalunggué.	
	GASTO TOTAL	0.22

N.B. Mallaring 10 pinggan a malucung

Sibucan neng

Julio 12, 1936

Mariano Florencio

ANGELES, PAMPANGA

RECIPE No. 39

CARDILLO

Pamidalan-dalan	Pañgasangcap	Alagá queti
1.	Wasan ya at pañgilian maca-ilis ing 1 a bulig, navajita, o dalagang bukid a casantiñgan a dagul	₱ 0.10
2.	Mipaling 6 a cucharang taba at, ipiritu ya caniti ing asan; . .	0.12
3.	I-guisá ing 3 cabutilan a bawang a pilpuc qñg mitagan a taba, at ustung lare na isalisi ing 1/2 sibuyas a inalipis at 1 cucharitang patis; bawang at sibuyas tinalip la	0.01
4.	Ampon ing 1 a camatis casantiñgan a dagul a tidtad	0.01
5.	Yabe yang pasibayu ñgeni ing asan a tiniti at pibiling-biling qñg guisang sangcap, dapot iñgatan ya ban e mañgalalag;	
6.	Tugtuganan ñgening 3 tasang danum at pabucalan;	
7.	Iquid qñg apí at tugtuganan 3 ebun a betian, igogo	0.09
	GASTO TOTAL	0.49

N.B. Mallaring 2 : bandejado

Sibucan neng

Julio 12, 1936

Mariano Henson

ANGELES, PAMPANGA

RECIPE No. 40

CHOW KEE FAR HIGH

Pamidalan-dalan — Pañgasangcap — Alagá queti

1. Ilaga la ring 3 emang malati qñg 1/2 tasang danum anggang ela malútung mayap, at guilayan lang mapinu laman a la Julienne. Ing lualan nang tacal ning laman da 1-3/4 taza . . . . . ₱0.20

2. Pañgilian ñgang malati iting macatuqui a la Julienne:

   1 a sibuyas a penalipis at tinalip 0.02
   1 a layang anting cucúng taliri penalipis 0.01
   20 bulung kinsay leco yamut at liglugan mayap 0.01
   o caya 4 a bulung America celery;
   1 a tasa o 12 payung-payuñgan malañgi binabad 1/2 hora qñg danum, leco tampuc at tanqué, at liglugan mayap 0.12
   o caya 1 a latang de 4 Onzas a champignon Francés;

3. I-guisá la qñg 1 a cucharang tabá. 0.02
   ing sibuyas, ustung lantá na tuqui ya ing laya, caibat tuqui ing ema at pisangle-sangle 3 minutu pa mu; isalisi ing payung-payuñgan ñgeni at paquiable isangle 2 minutu; tauling ibulug ing kinsay at cabud malanat iti, iquid pa mu saguli;

4. Batian la ring 8 tamung ebun at. 0.24

5. Samutanan lang 3/4 tasang gatas o latang evaporada de 6 onzas. . 0.07

6. Buburanan 1/2 cucharitang asin at 1/8 cucharitang paminta . . . 0.01

7. At tugtuganan 1 a cucharitang toyo Amoy 0.01

8. Lumaso 1 a cucharang calus mantequilla Golden State qñg sarten . 0.05

9. Yabe ing sabó ebun-gatas ibat qñg No. 4,5,6,at 7, painan dacal ing tañgab o caya itagan na' ing baya at igogo pané anggang e dayuput anting crema;

10. Buburanan 2 bulung sang a tidtad iting salsa 0.01

11. Yabe ñgeni ing anggang laman ibat qñg No. 3 at igogo mayap;

12. Yapag mapali.

GASTO TOTAL 0.77

N.B. Mallaring 2 bandejado.
Nung gamitan ya ing champignon ampon ing American celery, ing gasto total na niti e cumulang qñg ₱1.20

Sibucan neng

Julio 13, 1936

Hilaria Lensoco

ANGELES, PAMPANGA

RECIPE No. 41

CHULETAS BALASENAS

Pamidalan-dalan	Pañgasangcap	Alagá queti

1. Ilaco la tampuc at tanqué ding 5 balasenas a mañgarañgan, sagsagan lang titlu, laplapan la balát at ibangli qñg danum a bubucal a inasinan 1 a cucharita quilub ning 5 minutu. . . . . ₱0.05
2. Itama balang pirasu qñg 1 a cucharang calus a mantequilla G.S. . 0.02
3. Caibat, qñg 2 ebun a betian a maqui 1 a cucharitang asin 0.06
4. Durugan la ring 2 bizcocho de caña qñg almirez at iculaput la caniti ding balaeenas 0.01
5. At ipiritu la anggang e la lare at pibiling-biling la qñg 3 cucharang tabang mapali 0.02

GASTO TOTAL 0.16

N.B. Mallaring mipaguiu qñg 2 bandejado.

Sibucan neng

Julio 13, 1936

Matilang Henson

ANGELES, PAMPANGA

RECIPE No. 42

CHULETAS CULI-REP

Pamidalan-dalan	Pañgasangcap	Alagá queti

1. Baclasan la ring bulung ning 1 a repollong malati at yugse ya busal ampon luglugan mayap at ibabad danum . . . . . ₱0.05
2. Ilaco ing tanqué ning culitis at yugsé ing bulung a sinirang ulad, at ibabad danum 0.01
3. Ilaga la ring 1/2 litrong paro saguiwa qñg 1/4 tasang danum a inasinan, sucluban, talipan la at bewan a buntuc at balát at danuman lang 1 a cuchara, paslan, salacan at icalilua ing sabo ra 0.10
4. Ilaga mu naman ing 1/8 kilong utac at yugsé sabo 0.05
5. Y-yamas la ring paro at utac qñg 1 a cucharang mantequilla G.S. 0.02
6. Ampon 1/2 cucharitang toyu Amoy 0.01
7. Italbug ing repollo qñg danum a bubucal anggang e lambut at isaca; macanian mu naman ing daptan qñg culitis;
8. Batian ya ing 1 a ebun at tugtuganan qñg sabo paro ibat qñg No. 3 at batian mayap; 0.03
9. Durugan la ding 7 bizcocho qñg almirez 0.03
10. Ibalut lang tidua-tidua ding paro maqui utac qñg 2 bulung culitis at iti ibalut naman qñg 1 a bulung repollo a pituclip apat at itimid paslan ban e macalag;
11. Itama qñg ebun a betian;
12. Buburanan iculaput qñg durug a bizcocho;
13. At i-piritu la anggang e la lare qñg 1/2 tasang tabang mapali; ing sipsipan dang tabá 1/4 tasa mu 0.07

GASTO TOTAL 0.37

N.B. Mallaring 15 chuletas a mipaguiu qñg 1 a bandejado.
Ing palayo "CULI-REP" picatsá que ibat ya qñg CULITIS-REPOLLO.

Sibucan neng

Julio 13, 1936

Liliang Clenson

ANGELES, PAMPANGA

RECIPE No. 43

SUÁM MAIZ CARANIWAN

Pamidalan-dalan Pañgasangcap	Alagá queti
1. Quisquisan la ring 8 maiz casantiñgan dagul qñg adiaran capaya; ing lualan nang tacal ning laman 1-1/2 tasa	₱0.08
2. Qñg 1 a cucharang calus mantequilla Golden State	0.02
3. Mi-guisang 3 cabutilan a bawang a pilpuc anggang e lantá at buluganan capising layang pilpuc anting mala-maiz	0.01
4. Isalisi ñgeni ing maiz at pisangle-sangle 3 minutu, durunut qñg sanduc qñg macapatulug qñg sarten;	
5. Tugtuganan 4 a tasang danum a bubucal at pabucalan 10 minutu pa at alang patugut gogogo;	
6. Asinan 1 a cucharitang salipo	0.01
7. Iquid qñg apí at buluganan 10 bulung culitis at igogo at yapag na.	0.01
GASTO TOTAL	0.13

N.B. Mallaring 5 pinggan a malucung.
Talipan la ring bawang ampon
laya qñg No.3

Sibucan neng

Julio 13, 1936

Mariano Atienza

ANGELES, PAMPANGA

RECIPE No. 44

PESANG BULIG

Pamidalan-dalan	Pañgasangcap	Alagá queti
1.	Icusut ya qñg abú ing 1 a bulig a casantiñgan a dagul, calisquisan ya at linisan mayap at guilian 3 capirasu	₱ 0.15
2.	I-guisá qñg 1 a cucharang taba iti:	0.02
	3 cabutilan a bawang a pilpuc, 1/2 sibuyas a inalipis . . .	0.02
	at layang pilpuc casindagul cucung taliri tinalip la ñgan .	0.01
3.	Tugtuganan 3 cucharang patis	0.08
4.	Ibulug ya ñgeni ing asan at pisangle-sangle yang 3 minutu;	
5.	Buluganan 1/4 tasang abias maputi inuñab at yabe isangle mu naman 3 minutu	0.01
6.	Danuman 4 a taza at sucluban, at igogo malagad-lagad malale;	
7.	Buluganan ditac a sang a tidtad;	
8.	Iquid na, é sana meñganac at e pabustan le-lelut ing abias . . .	
	GASTO TOTAL	0.29

Tiltilan: Iguisá qñg bawang a pilpuc at tinalip ing 1 a cucharang (cube) tahuring maputi, dinunut. Yabe ya ing 1 a camatis a malulut, peñgili, paquidunut ya naman at pilinan ing balát a milulun ning camatis at yugsé. Bayu iquid buburanan 1 cucharang bulung ungsuy o culantro saguiwa.

N.B. Mallaring 2 bandejado

Sibucan neng

Julio 13, 1936

Mariano Henson

ANGELES, PAMPANGA

RECIPE No. 45

SALMON AU GRATIN

Pamidalan-dalan	Pañgasangcap	Alagá queti
1.	Ilaco ing salmon "Green Dragon" qñg 2 latang de 1 libra at ilulan qñg metung a cacerolang maragul	₱ 0.56
2.	Ilaco ing balat na ampon duyi at ibangli qñg danum a bubucal at amasan ing laman qñg gamat a malinis;	
3.	Milagang 10 patatas o 1 a kilo at dunutan pati balat ita sang ing tacal nang lualan 3 tasa	0.14
4.	Batian la ding 5 tang ebun	0.15
5.	Piabe-abayan ñgeni ing salmon at patatas at yamas qñg capitna ding ebun a betian;	
6.	Qñg 1 a cucharang taba qñg sarten	0.02
	mi-guisang 1 a cabutilan a bawang a pilpuc ampon 1 sibuyas tidtad	0.02
7.	Ustung lantá na ing sibuyas ibulug ing 1 a latang camatis castila de 7 onzas at idunut qñg sanduc	0.10
8.	Sangcapan 1 a cucharang asin at 1/8 cucharitang paminta	0.01
9.	Ilantang o icalat macapatulug quilub ning metung a pastelera ing salsang megawa caring Nos. 6, 7, at 8;	
10.	Ibulus ñgeni ing salmon-patatas qñg pastelera at patagan qñg cucha-ra; babo ning salmon itugtug pa ing ditac qñg salsa;	
11.	At babo na niting salsa itugtug laganap ing mitagan a ebun a betian ibat qñg No. 5;	
12.	Buburanan 1/4 tasang ó 1 a bizcocho dinurug qñg almirez	0.01
13.	Ampon 1/4 tasang queso Edam o maputi a inadiad	0.02
14.	Y-hornu anggang e lare babo.	
	GASTO TOTAL	1.03

N.B. Mallaring 3 bandejados.
Iña ing patatas qñg No.3 eque leco balat pablasang ing bácal (iron) a dacal atiyu qñg balat at alayu qñg laman. Ampon macanian deng ya-pag caring barcos americanos.

Sibucan neng

Julio 14, 1936

Liliang Alenson

ANGELES, PAMPANGA

RECIPE No. 46

BOLA-BOLANG ASAN AMPON PECHAY

Pamidalan-dalan	Pañgasangcap	Alagá queti
1.	Linisan, calisquisan, ilaco balat ampon duyi at tadtaran ing 3 asan a dalagang bukid a casantiñgan a dagul	₱0.25
2.	Ilulan qñg maragul a sulio at yamas caniting macatuqui:	
	1/8 cucharitang paminta;	
	1 a ca-pun a sang a tidtad malati	0.02
	1 a cucharitang taba ampon 1/2 cucharitang asin	0.02
3.	Tunggal ditac paquiabe yamas ing 1/4 tasang harina	0.01
4.	Gawang bola-bola caniti casindagul calambibit at idulang qñg ditac a harina ban e mipacat-pacat, pupulisanan yang ditac a taba ing balang metung a palad ban e la papacat ding bola-bola;	
5.	Isiang ing 1 a cawali at danuman 3 tasa at asinan 1 a cucharita .	0.01
6.	Nung mucal na ibulug la ring bola-bola at ustung gumato la isaca na la at patictican, ing sabo marayuput e dapat yugsé uling gamitan qñg No. 12;	
7.	I-piritu la qñg 1/2 tasang tabang mapali anggang e la lare ditac.	0.02
8.	Iting tabang pititian isaca at gumamit mung 1 a cucharang panggui-sa caniti:	0.02
	2 cabutilan a bawang a pilpuc at tinalip	0.01
	1 a sibuyas a inalipis at tinalip	0.02
	2 camatis casantiñgan a dagul a penatbi, idunut	0.02
9.	Tugtuganan 1 a cucharang toyu, igogo, iquid at tacpan saguli . .	0.01
10.	Ibulug no ring bola-bola ñgeni ampon ing 3 ca-pun a pechay peñgili	0.02
11.	Sucluban at ilutu pang ma 3 minutu;	
12.	Sabon 1 a tasa at pabucalan pang 3 minutu at iquid na	
	GASTO TOTAL	0.43

N.B. Mallaring 2 bandejado a maqui 126 bola-bola. Ing 1/2 tasang taba qñg No. 7 dininan cung alagang ₱0.02 pablasang 1 mung cuchara ing tabang sinipsip da ring 126 bola-bola

Sibucan neng

Julio 14, 1936

Mariano Henson

ANGELES, PAMPANGA

RECIPE No. 47

WEN LOONG PAI FUNG

Pamidalan-dalan Pañgasangcap	Alagá queti
1. Ilaco ya butul ing manuc at pañgilian 1 pulgada cuadrada. . . .	₱ 0.30
2. Ilaga la ring 3 ema anggang e la malutu at simen la laman . . .	0.20
3. Pabucalan ing carneng manuc qñg 1 a tasang danum at culuban, ing sabo na e yugse, at palambutan ya ing manuc;	
4. Lumaso qñg sarten 1 a cucharang calus mantequilla G. State . .	0.02
5. I-piritu ya caniti ing manuc ma 5 minutu;	
6. Ibulug ing ema ñgeni;	
7. Ampon layang pilpuc anting maiz a binutil dagul;	
8. Ampon 1 a zanahoriang lutu a penatbi	0.02
9. Ampon 1 a tasa o 12 payung-payuñgan mañgaragul, isic	0.12
10. Ampon 3 palapang pechay, at pisangle-sangle iti saguli	0.02
11. Tugtuganan qñg sabo pilagan manuc;	
12. Ilutung ma 5 minutu pa;	
13. Sangcapan 1/2 cucharitang asin, at 1/8 cucharitang paminta . .	0.01
14. Ampon 1 a cucharang toyu Amoy	0.01
15. Parayuputan ñgeni qñg 1 a cucharang salipo gaw-gaw	0.01
16. Iquid ñgeni qñg bandejado at adornuan parsley Crosse & Blackwell 1 a cucharitang calus cabang bubusuc qñg pali	0.04
17. At dinan nasing malpa maca-molding cuchara ing macapatulug ning bandejado at yapag na cabang mapali	0.02
GASTO TOTAL	0.77

N.B. Mallaring 1-1/2 bandejado.
Nung gamitan ya ing champignon qñg lugal ding payung-payuñgan ampon ing maca-latang carrot o zanahoria, ing gasto total na niti e cumulang qñg ₱1.33

Sibucan neng

Julio 14, 1936

Mariano Henson

ANGELES, PAMPANGA

RECIPE No. 48

ARROZ A LA CUBANA

Pamidalan-dalan — Pañgasangcap — Alagá queti

1. Ilaco ya balat at tadtaran ing 1/4 kilong babi at sancochan anggang e lambut . . . . . ₱0.10
2. Ilaga la ring 3 saguin sabá at ilaco la balat cabud malutu la. . 0.02
3. Nung malambut na ing carne iquid pa mu at icalilua lulanan;
4. Itun ing 1 a litrong abias at icalilua mu naman 0.02
5. Tadtaran ing 1 a camatis maragul at 1 a sibuyas maragul 0.04
6. At i-guisa la qñg 1 a cucharang taba 0.02
7. Ustung melanta no reti ibulug ing carne at pisangle-sangle pa mu;
8. Isalisi iting macatuqui:

   1/2 tasang pasas (seedless) o 1 a paquete de 1-1/2 onza 0.05
   ding 3 saguin a saba lutu at peñgiling maca-ilis,
   1/2 cucharitang asin,
   ditac a paminta itang mag lasa;

9. At isunu pang bina pañgalutu;
10. Caibat, iquid at ilulan pa mu iti qñg bandejado;
11. Mi-piritung 2 ebun manuc qñg 1 a cucharang taba 0.08
12. Qñg pilutuan a sarten malinis carin isangle ing nasi;
13. Ilulan ñgeni qñg bandejado ing nasi at ilunsung parejuan qñg cuchara;
14. Y-arregla ing carne, saguin, at pasas macapatulug lalam ning nasi;
15. Qñg caba-babawan libutad ning nasi micana mu namang ditac a carne, saba at pasas, at babo na niti carin ya itumpac ing 1 a ebun frito.

TOTAL GASTO 0.33

N.B. Mallaring 2 bandejado

Sibucan neng

Julio 17, 1936

Maiang [illegible]

ANGELES, PAMPANGA

RECIPE No. 49

LAPU-LAPU
(lutung intsic)

Pamidalan-dalan	Pañgasangcap	Alagá-queti
1.	Calisquisan la at linisan ding 3 asan a dalagang bukid, ilulan la qñg cawali at danuman 5 tasa ita sang ustu lang lumbug at ilaga la; ing sabo pilagan e dapat yugse uling magamit	₱ 0.40
2.	Caibat dang milaga, iquid la qñg metung a lulanan at culuban lang ma 2 horas;	
3.	Lasawan ing 1 a cucharang salipo harina qñg 2 tasa sabo pilagan a peparimla	0.01
4.	At sangcapan 1 a cucharang asin ampon 1 a cucharitang mostazang pulvus o pag-sinapismo	0.02
5.	Ampon ditac a paminta ban mica lasa at igogo;	
6.	At tugtuganan tunggal ditac a 1/4 tasang aslam sasa at igogo . .	0.01
7.	Ing sangcap a lunto caniti mica tacal 2 tasa at yang itugtug qñg	
8.	Sarten a maqui 2 cucharang calus mantequilla G.State a mapali. .	0.04
9.	Tamban 10 minutu at igogo anggang e mucal;	
10.	Mibulug ñgeni caniti 2 camatis casantiñgan dagul, peñgili malati	0.02
11.	Ampon 1/2 tasang sibuyas o 1 a sibuyas a peñgiling malati. . . .	0.02
12.	Ampon 1/2 tasang achara (lacuas mayap nung ing quecatamu). . . .	0.10
13.	Ustung miganap ne lasa iting peca salsa, isiang lang pasibayu ding asan, at ustung mapali na la ilulan la qñg bandejado at	
14.	Tugtuganan la babo qñg megawang salsa;	
15.	Ampon buburanan qñg 10 bulung sang a peñgiling mapinu, at yapag na	0.02
	GASTO TOTAL	0.64

N.B. Mallaring 3 bandejado Lapu-lapu sana ing sucat magamit queti, oneng e la maratáng Angeles.

Sibucan neng

Julio 17, 1936

Mariano Clemente

ANGELES, PAMPANGA

RECIPE No. 50

ABALONE CON JAMON

Pamidalan-dalan	Pañgasangcap	Alagá queti
1.	Icalilua ing sabo ning 1 a lata de 1 lb. Abalone at iti alipisan yang maimpis at pañgilian malati a la Julienne.	₱0.48
2.	Pañgilian mu namang mañgalati a la Julienne ing 1/4 tasang jamun Hoksiu lutu (32 gramos)	0.05
3.	Alipisan ya ing 1 a sibuyas at leco balát	0.02
4.	I-guisá qñg 2 cucharang taba	0.04
5.	Ustung melanta na ing sibuyas ibulug ing Abalone at i-guisa ma 5 minutu;	
6.	Tugtuganan 1 a cucharang toyo Amoy	0.01
7.	Ampon 1 a cucharang vino de arroz intsik o ing Madeira.	0.02
8.	Yabe ñgeni ing jamon a peñgili at igogo mayap;	
9.	Danuman ditac ing sabo ning Abalone ibat qñg No. 1 at idas 1 a tasa;	
10.	Lasawanan 1 a cucharang gaw-gaw calus iting sabo	0.01
11.	Itugtug ñgeni iti qñg Abalone-Jamon;	
12.	Pabustan mucal ma 15 minutu pa at sucluban, gogogo malagad-lagad;	
13.	Yapag mapali.	
	GASTO TOTAL	0.36

N.B. Mallaring 1 a bandejado.
Ing Abalone metung ya caring canan a dacal a fósforo at dacal a "primary substance of life" pablasang mayayacua ya qñg malalam ning dayat-malat, dapot macabague ya caring masi can a digestion.

Iting recipe picatsa quia mu.

Sibucan neng

Julio 17, 1936

Mariano Valenson

ANGELES, PAMPANGA

RECIPE No. 51

LENGUA A LA MARINERA

Pamidalan-dalan	Pañgasangcap	Alagá queti
1.	Ilaga ya 1 a dilang vaca casantiñgan a dagul ma 6 a horas ang-gang e lambut, at isaca ya, bacbacan ya balát, at pañgilian macabaclé mañgapitnang dali capal	₱ 0.60
2.	Salacan ing sabo pilagan, salapan a taba at isiang qñg metung a sarten a maragul;	
3.	Lumaso qñg aliwang sarten 1 a cucharang calus mantequilla G.S. .	0.02
4.	I-piritu la caniti ding 2 pan de sal a peñgiling 1/2 pulgada cuadrada at pibiling-biling la anggang e la tanggap lasa	0.01
5.	Mibulug ñgening 1/4 tasang tabang ampella at ustung lungcas na ing taba na isaca na ing pan de sal.	0.02
6.	At isalising ibulug ing 1 a sibuyas a penalipis at i-guisa . . .	0.02
7.	Ustung melanta na ing sibuyas ibulug ing champignon francés pati sabo na a ibat qñg lata de 4 onzas	0.35
8.	Ibulug yang pasibayu ñgeni ing dila at igogo mayap;	
9.	Tugtuganan ñgeni ing dila 1/2 tasa o 9 a cucharang vino de arroz	0.13
10.	Pabustan mucal at yabe ing sabo ibat qñg No. 2;	
11.	Lumaso 1 a cucharang salipo gaw-gaw qñg ditac a danum a marimla .	0.01
12.	At paquiabe qñg lulutu at igogo mayap;	
13.	Sangcapan 1/2 cucharitang tomillo en polvo	0.01
14.	Ampon 1 cucharitang asin, salipo	0.01
15.	Sucluban at ustung miras na qñg puntu ing salsa dayuput at	
16.	Iquid na at pamutian caring pan de sal a frito, ilaco la ring pan de sal nung isicap ing asan para cabucasan	
	GASTO TOTAL	1.18

N.B. Mallaring 2 bandejado.
Nung caibat ning 6 a horas e pa lambut ing dila, tugtuganan yang danum a bubu-cal casindacal ning minunang sabo at tamban masican pasibayu.
Ing talagang maca-utus a vino ya pin ing tinto 2 vaso, guinamit que ing vino de arroz uling mura yang é pálac Mallari ya naman ing Ginebra o Madeira Ding aliwa bubuluganan da pang zanahoria

Sibucan neng

Julio 18, 1936

Maiang Robenson

ANGELES, PAMPANGA

RECIPE No. 52

SIGANG ASAN
(lutung intsic)

Panidalan-dalan — Pañgasangcap	Alagá queti
1. Linisan ya at pañgilian ti-2 dali ing 1 a asan a casantiñgan a dagul, dalagang bukid.	₱ 0.15
2. Pañgilian yang ti-3 dali dagul ing 1 a repollong malati	0.07
3. Panatbian la ring 2 camatis a casantiñgan a dagul	0.02
4. Pulpucan ya,t talipan ing laya anting cucung tindaragul gamat. .	0.01
5. Talipan at guilian casantiñgan a capal ing 1 a patolang malati .	0.03
6. Misalang 1 a balañga at danuman 5 tasang sabo abias;	
7. Ibulug ing camatis, laya ampon 1 a cucharitang salipo asin . . .	0.01
8. Ampon 1/2 tasang pititian leco balat at peñgiling malati	0.01
9. Ustung mucal na ibulug ya ing asan;	
10. Sucluban at ilutung 10 minutu;	
11. Ibulug ñgeni ing patola at pabucal pang 3 minutu;	
12. Tugtuganan 2 cucharang taba	0.04
13. Ibulug ñgeni ing repollo at ilaco ya ing suclub;	
14. Sangcapan 1 a cucharang toyo Amoy at pabucalan 3 minutu pa . . .	0.01
15. Iquid at buburanan 10 sang a tidtad a mapinu	0.02
16. Yapag bubusuc. Isaca ya ing laya.	
GASTO TOTAL	0.37

N.B. Mallaring 5 pinggan a malucung

Sibucan neng

Julio 20, 1936

Mariano Alenson

ANGELES, PAMPANGA

RECIPE No. 53

MECHADONG TOKUA
(Lutung intsik)

Pamidalan-dalan — Pañgasangcap — Alagá queti

1. Luglugan la,t pi-duan qñg quelaparan da ring 6 a catalab a tokua. ₱ 0.09
2. Busbusan lang 1 pulgada cuadrada libutad deting tokua;
3. Ilaco ing balat o calisquis ampon duyi na ning 1 a asan a dalagang bukid a malati 0.10
4. Guiliñgan o caya dicdican qñg almirez ing laman na niti, 1/4 tasa;
5. Igogo qñg 1/2 tasang danum a bubucal at ibulug iting macatuqui:

   1/6 tasang jamon patu o Hoksia, guiling cuadrado mapinu, 25 gramos 0.04

   1/6 tasang almendras o maning malat a peñgiling malati 0.02

   1/6 tasang sibuyas a tidtad o 1/2 sibuyas a tidtad Bombay. . . 0.01
6. Igogo mayap at paslan at yang gawan palaman caring busbus ding tokua;
7. Itama la qñg 1 a ebun a betian at icusut la qñg gaw-gaw 0.03
8. I-piritu la ñgeni ding tokua anggang e la lare at pibiling-biling la qñg 5 cucharang taba. 0.08
9. Caibat dang me-piritu ding tokua tugtuganan lang 1-1/2 tasang caldo chino (ing pañgagawa na atiyu bandang tauli) at ilutu la pang malu-meme ma 15 minutu at sucluban, lawan Recipe No. 55-B 0.08
10. Sangcapan ñgening salsang macanian a pañgagawa:

    lumaso 2 cucharitang gaw-gaw, calus 0.02
    ampon 2 cucharitang calus mayumu 0.02
    qñg 2 cucharang toyu Amoy 0.02
    at abayanan 1 cucharitang larung liñga, (sesame oil) 0.02
11. Sucluban saguli at panagaulan 1/2 cucharitang perejil (parsley C&B) 0.02
12. At iquid agad macaculub 5 minutu at yapag na.

GASTO TOTAL 0.60

N.B. Mallaring 2 bandejado at 12 pirasu.
Ing No. 7 digdag que pablasang macacalag ing mecha

Sibucan neng

Julio 20, 1936

Mariang Alenson

ANGELES, PAMPANGA

RECIPE No. 54

SISIG PACÚ

Pamidalan-dalan	Pañgasangcap	Alagá queti

1. Ilaga la ring 1 a litro ó 20 paro saguiwa qñg siñgó na ning 1/4 tasang danum a inasinan 1 a cucharita at sucluban. . . . . ₱ 0.15
2. Ustung lutu na la talipan la at ilaco buntuc at sagsagan piduan qñg cuchillong malinis;
3. Tumalip 6 a cabutilan sibuyas filipino at alipisan malati . . . 0.01
4. Panapsian ing tulud at bulung dang malagu ding 30 captas a pacú. 0.15
5. Banglian iti qñg danum a bubucal at patictican;
6. Yarregla ñgeni ing pacú qñg macapatulug nang labi ning bandejado at ing aliwa qñg libutad;
7. Ibabo la ñgeni ding paro qñg pacúng macalibutad, ita sang ding pisagsagan da macasalicut, nung wari, macasacub;
8. Ibubud la ñgeni ding sibuyas a peñgili;
9. Yapag ne, at ding mañgan ila nang balang sangcap aslam, paminta at asin nayun qñg gustu ra. At saca mung tambing nang sangcapan aslam malanat agad ing pacú at e mu na aparás beñgi.

GASTO TOTAL 0.31

N.B. Mallaring 2 bandejado.
Qng lugal ning aslam at paminta qng No. 9 subucan yang gamitan ing French Dressing Kraft, nung bisa cong malis a paglasa.

Sibucan neng

Julio 20, 1936

Mariano Flenson

ANGELES, PAMPANGA

RECIPE No. 55

PANSIT A GUISA

1. Linisan ya at ilaga ing metung a sising manuc a 4 a bulan, ilaco ya butul at guilian mañgalati. . . . . ₱0.20
2. Ilaga mu namang cayabe na ing 1/4 kilong babi at pañgilian malati. . 0.10
3. Pañgilian cuadradong malati ing 2 " catalab a tokua 0.03
4. Mibabad 2 cucharang atsuite at danuman 1 a tasa,liguisan, salacan. . 0.01
5. Alipisan ya,t pañgilian ing 1 a sibuyas Bombay tinalip 0.02
6. Pañgilian mañgalati ing 2 captas a kinsay pati tangque 0.02
7. Tadtaran mapinu ing 2 buntuc a bawang tinalip 0.02
8. Pamaclian at mibabad 1/4 kilo o 14 captas a bijun qñg danum marimla. 0.08
9. Isiang ing cawali at dinan 2 cucharang taba 0.04
10. Ititi ing bawang anggang e lare at iquid qñg aliwang lulanan;
11. Pirituan ing tokua at nung malare na iquid mu naman;
12. Isalising iguisa ñgeni ing sibuyas anggang e lanta;
13. Tuqui ing kinsay;
14. Isalising ititi ing carneng manuc at babi quilub ning 5 minutu;
15. Caibat, itugtug macacalale ing sabo atsuite, igogo, sucluban, at pabustan mucal pang 5 minutu;
16. Sangcapan 2 cucharang patis Kasikatan 0.04
17. Ibulug ñgeni ing tokua ampon bijun at igogo mayap;
18. Tugtuganan 3 tasa qñg sabo pilagan manuc at pabucalan saguli;
19. Ustung mamala na ing sabo iquid at sanducan caring bandejado;
20. Balang bandejado buburanan ya qñg bawang a frito;
21. Panagaulan ebun a liga inalipis maimpis, 2 la ring ilaga 0.06
22. At deti buburanan lang sang 3 ca-pun peñgiling mapinung mapinu . . . 0.02
23. At isiping la ring 4 calamunding a guiling e misundu 0.01

GASTO TOTAL 0.65

N.B. Mallaring 5 bandejado. Ding mañgan ila nang balang sangcap paminta.

Sibucan neng

Julio 20, 1936

Liliang Clenson

ANGELES, PAMPANGA

RECIPE No. 55 B

CALDO CHINO

Pamidalan-dalan	Pañgasangcap	Alagá queti
1.	Linisan ya at ilaga ing metung a sising manuc a 4 a bulan edad. .	₱0.20
2.	Ilaga mu namang cayabe na ing 1/4 kilong babi a peñgiling malati.	0.10
3.	Ilaga ñgan iti qñg 25 tasang danum a marimla at tamban malumeme quilub ning 2-1/2 horas o caya anggang mapitna ing sabo;	
4.	Nung ating gumato taba, salapan qñg cuchara, at ibulug ya ing daya ning manuc ba' nang sipsipan ing mitagan pang taba, dapot nung atin pang lunto pasibayu salapan mu rin angga qñg iquid na;	
5.	Sangcapan 1/2 cucharitang paminta at 1/2 cucharitang tomillo ban queta e masira, milulan qñg nevera at magamit; cailañgan a tutu ing malinis ya ing frascong gamitan at meluglug qñg danum a pe- pabucal; pabucal ya ing tapon na, ing embudo, ing imalan a masin- sin a pañalac, ampon italbug yang malambat ing cucharon nung gami- tan yang pañaluc qñg sabo;	0.03
6.	Ustung ume nang mapitna qñg pamamucal na ing sabo iquid na at pa- rimlan; salacan at ilulan qñg frascong maragul ibatan ginebra; ustung dimlang-dimla carin pa tapunan at ilulan na qñg nevera.	
	GASTO TOTAL	0.33

N.B. Iting caldo chino ya ing megamit qñg No. 18 ning Recipe 55, qñg No. 14 ning Recipe No. 56 at qñg No. 6 ning Recipe No. 58, Ing talagang maca-utus ilaga qñg 25 tasa a lunto na mung 12 tasa ya pin ing 1/2 kilong babi ₱0.25 ampon 1 a manuc dumalaga a maqui alagang ₱0.30, nung iña ing lulualan nang alagá ning caldo chino tia ₱0.05 balang tasa; dapot pauli ning alagá mung ₱0.33 ing megamit a material caniti, e su- cat mica alagang macanian ing caldo, ing sucat sana, gratis na mu. Megamit ya naman qng No. 9 ning Recipe No. 53 at 80.

Iña mu austu cu tacal ing sabo manibat qñg Recipe 55 pauli ning guinanap cung danum a bubucal, pablasang ing alagá ding manuc at babi nayun qñg maca-utus mal e palac que- sa qñg caldo para caring calutung susubucan.

Ing caldo chinong iti, aguiang ating preservative a pepper-thyme a picatsa cung inabe, pecalalam-lalam cu qñg ice-box pablasang banda lalam ing mababang diling tempera- ture, e cu minamayap ing palampasan qñg 2 aldo macasicap uli ning temperature e pané at ing racion cung hielo ₱0.10 ya mu aldo-aldo, nung saling ₱0.05 extra, dagul ya gastus, nung iña linutu cung agad. Ding electric refrigerator ila ring constant a temperature, dapot mura ya rin a lualan a gastos ing de hielo uling e talacasira.

Julio 21, 1936

Mariano Henson

ANGELES, PAMPANGA

RECIPE No. 56

CHOW MEIN
(lutung intsic)

Pamidalan-dalan	Pañgasangcap	Alagá queti

N.B. Aduang clasing miki ing pisasali ra ring tindahan isic o caya ding pansiteria Menila; ing sabian yu, gamitan qñg Chow Min.

1. Luglugan ing 1/2 kilong miki, patictican . . . . . ₱0.05
2. Tugtuganan tunggal ditac 1 a cucharang taba at yamas mayap 0.02
3. Ilulan ing miki qñg metung a tagú o colador at ibitin babo ning danum a bubucal ning metung a calderong maragul at ilutu qñg siñgó at culuban 1/2 hora;
4. Nung sacali mipaçat-pacat nung malutu na pacawani pamipacat;
5. I-piritu qñg 1 a cucharang tabang bubucal qñg sarten anggang e lare at caibat na niti ilulan pa' qñg bandejado 0.02
6. Pulisanan yang macapatulug taba 1 a cucharita ing 1 a cawali at isiang ya at ipali. 0.01
7. Batian yang mayap ing 1 a ebun at icalat ya qñg cawali, itugtug macapatulug manibat babo papunta lalam, malicsi 0.03
8. Parejuan ya capal ing ebun qñg cuchara at iquid yang agad ban e maduluc at ibaligtad ya cabang maca-iquid ya ing cawali;
9. Ilulun ya ñgeni ing ebun qñg pinggan at pañgilian mapinu, Julienne;
10. Caniti mismung cawali isalising i-guisá qñg 1 a cucharang taba . . . 0.02
11. ing 3/4 tasa o 1 a sibuyas a peñgiling malati a la Julienne. 0.02
12. Ampon ing 3/4 tasang manuc peñgiling macanian mu naman at ilutu na . 0.11
13. Iting sibuyas-manuc ya ing itumpac yarregla babo ning miki;
14. At babo na naman niti itumpac iting salsang magawang macanian:
    1/2 tasang babi guiling mapinu at ningnang qñg bacal ning fogon. 0.10
    Ampon ing ebun a peñgili qñg No. 9;
    Tugtuganan iting babi-ebun caniting salsang ilutu:
    3 tasang caldo chino 0.15
    1 cucharitang calus asin, 2 cucharang toyo 0.01
    1 cucharitang paminta 0.01
    1 cucharang salipo gaw-gaw at 1/8 cucharitang
15. Nanupata, piabe-abayan ing sangcap qñg No. 14 ustung dayuput ne ing gaw-gaw at iti ya ing tune salsa. Yapag mapali.

GASTO TOTAL 0.55

N.B. Mallaring 2 bandejado.

Sibucan neng

Julio 21, 1936

Mariano Henson

ANGELES, PAMPANGA

RECIPE No. 57

NASING SINGLÉ
(Lutung intsic)

Pamidalan-dalan — Pañgasangcap — Alagá queti

1. Misalang metung a cawaling maragul at pulisanan macapatulug 2 cucharang taba at ipali. . . . . ₱ 0.04
2. Isangle queti ing 10 tasang nasi a melutu qñg 1-1/2 litrong abias 0.03
3. Pibiling-biling alang patugut quilub ning 10 minutu; at iquid caibat
4. Mipaling 1 a cucharang taba qñg mismung sarten a megamit 0.02
5. Ititi ing 1/2 tasang manuc a peñgiling mañgalati ma 5 minutu . . . 0.08
6. Caibat ning 3 minutu yabe ititi mu naman iting macatuqui:

   3 chorizo Canton o ding gawa ding carniceros queti 0.15
   a peñgiling maimpis;
   1-1/4 tasang apulid isic o 1 a lata de 12 onzas. 0.25
   1/4 tasa o 5 payung-payuñgan maragul binabad 1/2 hora,
   leco tampuc at tanqué at liglugan mayap, peñgili 0.05
   1/4 tasang bucní o malabalugbug daguis binabad mu naman . . 0.01
   1/4 tasang castañas a tidtad o 10 almendras tinalip at tidtad 0.10
   Ampon 4 a cucharang toyu Amoy 0.04

7. Ustung metiti na ñgan iti danuman tapat 1 a tasa at pabucal 15 minutu;
8. Caibat na niti sanducan tunggal ditac ing nasi, idicdic at igogo;
9. Cayari nang mi-amas ning nasi yabe la ring betian a 4 a ebun at yamas 0.12
10. Isunu papañgalutu at igogo anggang e la malutu ding ebun;
11. Buburanan 3 ça-pun a sang a tidtad malati 0.03
12. Yapag na.

GASTO TOTAL 0.92

N.B. Mallaring 6 bandejado

Sibucan neng

Julio 21, 1936

Mariano Henson

ANGELES, PAMPANGA

RECIPE No. 58

SOPAS A MANUC AMPON PAYUNG-PAYUÑGAN
(Lutung intsic)

Pamidalan-dalan	Pañgasangcap	Alagá queti
1.	Ilaga ing 3/4 tasang manuc a peñgiling mañgalati.	₱ 0.11
2.	Cayabe na niti ilaga la naman ding 2 tasang payung-payuñgan a binabad pa mung 1/2 hora at leco tampuc ampon tanqué at liglugan	0.24
3.	Ing pamilaga canit ing manuc-payungpayuñgan 1/2 hora;	
4.	Caibat na niti iquid at patictican;	
5.	Isiang pasibayu ñgeni ing payung-payuñgan at	
6.	Tugtuganan 6 a tasang caldo chino at pabucalan pang 15 minutu .	0.30
7.	Yabe ñgeni ing manuc;	
8.	Ampon 2 ebun a betian at igogo agad	0.06
9.	Tugtuganan 2 cucharang toyo Amoy.	0.01
10.	Ampon 1/2 cucharitang larung maní o caya Heinz Peanut Butter. .	0.01
11.	Ampon capatac a larung liñga e sesame oil	0.01
12.	Ampon 1/2 cucharitang gaw-gaw linaso qñg ditac a danum marimla;	
13.	Igogo, sucluban at ilutu pang 5 minutu;	
14.	Yapag bubusuc at pamutian 1 a cucharang calus jamon Hoksiu babo	0.03
	GASTO TOTAL	0.77

Mallaring 6 pinggan malucung

N.B. Ban milisia caring payungpayuñgan a lasun eco sasali nun ela macabucadcad at tinubu qñg áre o sapuang sagúin.

Sibucan neng
Julio 21, 1936

Maiang Clenson

ANGELES, PAMPANGA

RECIPE NO. 59

PARO MAQUI CURRY (CURRIE)

Pamidalan-dalan	Pañgacangcap	Alagá queti
1.	Talipan la,t ilaco buntuc ding 2 litrong paro saguiwa at sagsagan lang tunggal ditac qñg gulut.	₱0.30
2.	Tadtaran ing 1/2 sibuyas Bombay, tinalip	0.01
3.	Mipaling 1 a cucharang taba qñg sarten at	0.02
4.	Ustung bubucal na ing taba ibulug ing 1 a cucharang salipo harina igogo at palaren saguli	0.01
5.	Isalisi ing sibuyas a tidtad at palantan	
6.	Ibulug la ring paro at ititi la anggang e la mag color de rosas;	
7.	Tugtuganan la ñgening 2 tasa qñg sabo ning buntuc at balat dang medaldac, mepasla at mesalac;qñg No. 1;	
8.	Pabucalan 5 minuto;	
9.	Abayanan 1/2 cucharitang calus curry (currie) powder Morton . .	0.01
10.	Ampon 1 a bulung laurel ampon 1 larang suclati malulut;	
11.	Ampon 2 tulud perejil o 1/2 cucharitang parsley C & Blackwell. .	0.02
12.	Ampon 1 a cucharang calus mantequilla (butter)	0.02
13.	Ilutu pang 5 minutu qñg báya;	
14.	Asinan 1 a cucharita	0.01
15.	Y-silvi caring bandejado a maqui nasi macapatulug maca-molding tianam caring cuchara balang bandejado.	
	GASTO TOTAL	0.40

N.B. Mallaring 2 bandejado
Ing mañaman diling currie
ya pin ing maqui marcang
Madras, India.

Sibucan neng

Julio 21, 1936

Walang Peterson

ANGELES, PAMPANGA

RECIPE No. 60

SALSANG TOKUA AMPON TAHURI

Pamidalan-dalan	Pañgasangcap	Alagá queti
1.	Pañgilian yang mapinu ing 1 catalab a tokua at.	₱ 0.03
2.	Pirituan la qñg 2 cucharang tabang mapali anggang e la lare . .	0.04
3.	Iquid la at qñg tabang pititian ibulug iting tuqui-tuqui at iguisá:	
	1 cabutilan a bawang a pilpuc, palaren.tinalip	0.01
	1/4 a sibuyas inalipis malati, palantan tinalip	0.02
	1 camatis casantiñgan dagul peñgiling malati, dunutuan . . .	0.03
	Dunutan qñg aliwang lulanan ing catalab a tahuri at isa-lising iguisá, dunutan qñg bulung ning sanduc at igogo . . .	0.03
4.	Danuman 1 a tasa at ibulug ing tokua;	
5.	Banayaran ing tañgab at alang patugut gogogo anggang e mucal.	
	GASTO TOTAL	0.16

N.B. Mallaring 2 pinggan a malucung. Iting salsang iti masampat a lasa ampon mayap pampaganang pamañgan; at cargadu yang vitamins ampon amino-acids. Manayun yang tiltilan qñg liga, pesang asan ampon qñg opu na ning sabo.

Dapot ing burung labanus o pepino masáquit lang lasawan qñg duñgus.

Sibucan neng

Julio 22, 1936

Mariano Henson

ANGELES, PAMPANGA

RECIPE No. 61

BACALAO A LA VIZCAINA

Pamidalan-dalan	Pañgasangcap	Alagá queti
1.	Ibabad yang patiñgapun o 24 horas qñg dacal a danum ing metung a capirasung tambing dang pisasaling Bacalao a maqui timbang 257 gramos, matuling a balát.	₱ 0.38
2.	Cabucasan, pamututan yang 1 pulgada cuadrada, pirasuan ing macapal na at ititi ya	
3.	qñg 1 a cucharang taba.	0.02
4.	Ustung matiti ne buluganan yang 1 a sibuyas a peñgiling malati. .	0.02
5.	Ustung lanta ne ing sibuyas iquid ya pa mu ing bacalao-sibuyas; .	
6.	Milagang 4 a larang suclati at iquid la ustung lambut la; cayuran la laman qñg cucharita at yugse ing balát; . . .	0.05
7.	Pamirasuan 1 pulgada cuadrada ing catalab pan americano	0.01
8.	Gawang salsa anti caniti caticas:	
9.	Titian ya qñg sarten ing 1 a cucharang salipo tabang jamon Hoksiu. at panicdic ya qñg bulung ning sanduc ba' yang malaguang lungcas a taba at agad yang isaca ing chicharron na uling manong ya lasa;	0.03
10.	Pirituan ñgeni ing pan americano;	
11.	Isalising agad ing 3 cabutilan a bawang a pilpuc at tinalip . . .	0.01
12.	Ampon ing metung a bulung perejil o 1 a cucharitang calus parsley	0.04
13.	Ampon ing laman ding lara ibat qñg No. 6;	
14.	Banayaran ing tañgab ñgeni; tugtuganan 1 cucharang camatis;	
15.	Tugtuganan 1 a cucharang salipo harina a linaso antemano qñg 2 tasang danum a marimla, igogo pané at idicdic ya ing bulung ning sanduc, igogo, sulung anggang e dayuput ing salsa	0.01
16.	Ibulug ñgening pasibayu canit ing salsa ing bacalao-sibuyas at igogo ban e mipacat qñg sarten; ñgeni iñg tañgab baya na mu.	
17.	Yapag ne.	
	GASTO TOTAL	0.57

N.B. Mallaring 2 bandejado.
Ustung Vigilia gagamitan yang pang-guisa ing aceite de Castilla, dapot nung alí ing manayun pang-guisa ing tabang jamon at sabo liga ing gamitan qñg lugal ning danum

Sibucan neng
Julio 22, 1936

Matilang Mensor

ANGELES, PAMPANGA

RECIPE No. 62

SIGANG BABING MAQUI GANDUS

Pamidalan-dalan — Pañgasangcap — Alagá queti

1. Danuman 10 tasa ing metung a balañga at ibulug la queti at pabucalan deting macatuqui:

   2 camatis malulut casantiñgan a dagul at penatbi. . . . . ₱ 0.02
   Casacmal a sampagang camias a leco tangqué at liglugan;
   1 a santul penatbing tiapat at leco butul at tinalip. . . . 0.01

2. Pañgilian yang ti-2 dali capal ing babing maqui lagat a macapal alagang 1/2 kilo. 0.25

3. Ustung mucal na ing sabo ibulug na ing babi;

4. Isalisi la ring 20 gandus a tinalip at binabad qñg danum 0.10

5. Sangcapan 1 a cucharang asin salipo 0.01

6. Pabucalan pang 15 minutu at sucluban; ibulug 5 larang malataíd

7. Ibulug ing ca-pun a pechay a peñgiling ti-3 dali; at leco yamut;. . 0.01

8. Iquid macasuclub;

9. Caibat ning 5 minutu yapag na.

GASTO TOTAL 0.40

N.B. Mallaring 15 pinggan a malucung.
Ustung sasaling gandus puntián la ba'lang mayaquit a laman.
Ding maputi ila mung saliuan pablasang ila mung malambut cacanan.

Ing tiltilan cu toyung Kikkoman Shoyu leucananan caring lara qng No. 6.

Qng lugal ning pechay qng No. 7 buri cong cacanan ding buting verde ding gandus (2 dali macataid qng tampuc), ya ita ibulug la qng No. 1 ampon singcapan lang 1 a tasang pigang uñgut.

Sibucan neng

Julio 22, 1936

Mariano Henson

ANGELES, PAMPANGA

RECIPE No. 63

ASADO PAMPANGO

Pamidalan-dalan	Pañgasangcap	Alagá queti
1.	Tadtaran ya ing 1 a buntuc a bawang at i-guisá ya, tinalip	₱0.01
2.	qñg 2 cucharang taba.	0.04
3.	Ustung melare ne ing bawang isaca ya at	
4.	qñg cabud pititian carin ya ititi ing 1/2 kilong puad babing peñgili	0.25
5.	Ustung melare ne pusitanan yang sabo ding 3 calamunding, sinalac .	0.01
6.	Ilipat ya ing carne qñg metung a sarten malalam itang mipaguiu ya, lacuas mayap nung balañga ya ban é mipañganib maduluc;	
7.	Tugtuganan yang 1/2 tasang toyo Amoy	0.06
8.	Ibulug ing bawang a fritu;	
9.	Sangcapan 1/2 cucharitang pamintang mabilug;	
10.	Ampon 2 bulung laurel;	
11.	Ampon 1/2 cucharitang orégano de lata McCormick;	
12.	Ampon 1 a capirasung canela	0.01
13.	Danuman 1 a tasa at ipalbug ing anggang sangcap at sucluban;	
14.	Ilutung malumeme ma 2 horas anggang e lambut iting jamon, pibiling biling ya balang 15 minutu, angga qñg baya na mu ing tañgab;	
15.	Ustung malambut ne yapag ne	
	GASTO TOTAL	0.38

N.B. Mallaring 1 a bandejado

Sibucan neng

Julio 23, 1936

Walang Salensoy

ANGELES, PAMPANGA

RECIPE No. 64

BULANGLANG BAÑGUS CAPAMPAÑGAN

Pamidalan-dalan	Pañgasangcap	Alagá queti
Iderang ya qñg dacal a baya o caya i-hornu ya ing 1 a bañgus a casantiñgan a dagul at ustung malasadu ne iquid ya at parimlan. . .		₱ 0.15
2. Cabang daraptan iti,	pañgilian yang malati ing 1/4 kilong babi .	0.10
3. Panatbian lang tiapat ding 10 biabas	malulut casantiñgan dagul .	0.02
4. Ibangli la qñg ditac a danum a bubucal ding 1/2 litrong paro saguiwa, at e la tatalipan nune	pututan la babo mata.	0.07
5. Ibulug ing 2 tasang chicharron	isalisi qng	0.02
6. Pabucal 6 a tasang danum qñg balañga;		
7. Ibulug cayagnan ning danum ing babi, biabas, paro;		
8. Pamututan yang tulipas ing bañgus at misadiang casacmal	bulung lara	0.01
9. Ustung malambut na ñgan ing qñg balañga, ibulug ya ing bañgus;		
10. At 1 a cucharang	patis	0.01
11. Sucluban at pabucalan pa saguli at ibulug ing	bulung lara	
12. At iquid bubusuc yapag cayabe	tiltilana ing 1/4 tasang baguc lutu	0.02
	GASTO TOTAL	0.40

N.B. Mallaring 6 a pinggan a malucung
Ing biabas a malulut nung e yasa
mipapali atin yang vitamin C
macatawalung ucdu quesa qng Sunkist
orange.

Sibucan neng

Julio 23, 1936

Mariano Henson

ANGELES, PAMPANGA

RECIPE No. 65

HABICHUELAS EN VINAGRETA

Pamidalan-dalan	Pañgasangcap	Alagá queti
1.	Ilaco la taguiang at miñgatbang sepu ding 1 a kilo habichuelas verdes at pañgilian lang malati a la Julienne.	₱ 0.10
2.	Ibabad lang 1/2 horas qñg danum a pisitanan sabo ning 1 a dalayap o calamunding.	0.01
3.	Pañgilian mañgalati ing 1/4 kilong babi	0.10
4.	Tadtaran ing 1/2 sibuyas Bombay tinalip.	0.01
5.	Pañgilian malati cuadrado ing catalab a tokua	0.02
6.	Nung milabas na ing 1/2 hora isaca no ring habichuelas at patictican;	
7.	Pirituan ing babi qñg cawali qñg mismung taba at pibiling-biling;	
8.	Cabud mepitna nang lingcas a taba ing babi tugtuganan 1 a cucharang calus mantequilla Golden State at igogo mayap	0.02
9.	Isalising ibulug ing tokua;	
10.	Ampon ing chicharron a dildac 3 cuchara;	
11.	Tugtuganan 1/8 tasang aslam sasang bayu	0.01
12.	Ibulug ñgeni ing sibuyas at pabustan mucal saguli;	
13.	Ibulug ñgeni ing gule;	
14.	Danuman 1 a tasa at pabustan mucal qñg malumeme tañgab; e ya susucluban;	
15.	Sangcapan 1 a cucharang toyo Amoy.	0.01
16.	Catataulian tugtuganan ya pang 1 a cucharang calus mantequilla G.S.	0.02
17.	Igogo ya at iquid; buburanan yang ebun a masias a peñgiling malati	0.03
	GASTO TOTAL	0.33

N.B. Mallaring 3 bandejado.
Ing sabo dalayap qñg danum a marimla qñg No. 2 ba'lang lacuas saguiwa; ing e ya susucluban qñg No. 14 ba yang e mauman a lasa; ing 1 dang kilo habichuelas ding magtinda macanian ya mu: 535 gramos sime at 190 gramos a pitalipan (basura)

Sibucan neng

Julio 23, 1936

Mariano Flenson

ANGELES, PAMPANGA

RECIPE No. 66

ASADO DE CERDO EN MATELOT

Pamidalan-dalan	Pañgasangcap	Alagá queti
1.	Ilaga ya qñg 3 tasang danum ing 1/2 kilong babi, ing puad na o jamon, ma 20 minutu.	₱0.25
2.	Patictican ya caibat ampon pamututan ti-2 dali; ing sabo na é yugsé:	
3.	Mibabad 4 a payung-payuñgan isic o setas quilub ning 1/2 hora, caibat ilaco la tangqué at tampuc, at luglugan ulit-ulit	0.04
4.	Tadtaran ya ing 1 a sibuyas at yamas qñg 1 a cucharang taba . . .	0.03
5.	Ititi yang 5 minutu ing babi qñg 2 cucharang tabang mapali	0.04
6.	Lumaso 1 a cucharang salipo harina qñg ditac a danum a marimla . .	0.01
7.	Samutanan 1/2 cucharitang paminta at 1 cucharitang asin salipo . .	0.01
8.	Tugtuganan pacacalale 1/2 tasa vino de arroz ing carne qñg No. 5 .	0.08
9.	Itugtug ñgeni ing sabo pilagan a memala a inustung 3 tasa mu rin qñg danum a bubucal;	
10.	Pabustan mucal, caibat itugtug na ing harina-paminta-asin a mesang-cap qñg No. 6 at 7 at igogo mayap;	
11.	Banayaran ing tañgab;	
12.	Sangcapan 2 bulung laurel, 3 cabutilan a bawang a pilpuc,tinalip .	0.01
13.	Ampon 1/2 cucharitang tomillo, 1/2 cucharitang parsley	0.01
14.	Ampon 1 a cucharitang calus azúcar ampon ing sibuyas a tidtad . .	0.01
15.	Catataulian ibulug la ring payung-payuñgan;	
16.	Sucluban at e na tatamban, nune pabustan malutu qñg baya;	
17.	Ustung malambut no ring sibuyas ustu nia naman qñg puntu na ing carne;	

GASTO TOTAL 0.49

N.B. Mallaring 2 bandejado.
Ing maca-utus qñg No. 8 vino tinto seco,
iña guinamit que ing vino de arroz uling
mura yang pálac at e mitauli qñg ticas.

Sibucan neng
Julio 23, 1936

Mariano Alenson

ANGELES, PAMPANGA

RECIPE No. 67

TORTA DE CANGREJO CON PATOLA Y PIMIENTOS MORRONES

Pamidalan-dalan — Pañgasangcap — Alagá queti

1. Ilutu la qñg 1/4 tasang danum ding 6 a emang malati at sucluban. ₱ 0.42
2. Ustung malutu na la pulpucan la sipit at galame at talipan la at pañgilayan a laman; ing tacal nang lualan 2-1/2 tasa;
3. Talipan ya at pañgilian mapinu ing 1 a patolang malati 0.03
4. Y-yamas ing laman ema qñg 1/8 cucharitang paminta ampon qñg 5 bulung sang a tidtad mapinu ampon qñg laman nang quidcud ning 1 a larang castilang malulut a leco butul 0.02
5. Tadtaran ya ing 1/2 sibuyas at pulpucan 3 cabutilan a bawang . . 0.01
6. Batian ing 1 a ebun manuc 0.03
7. Mipaling 2 cucharang taba qñg cawali 0.04
8. I-guisá ing bawang, ustung lare isalisi ing sibuyas;
9. Tugtuganan 1 a cucharitang toyo Amoy 0.01
10. Igogo mayap at isalisi yang ibulug ing patola at ustung lare ya
11. Ibulug ing ema at igogo;
12. Banayaran ing tañgab; ilaco ing lablab;
13. Iquid ya ing ema at isamut ing ebun a betian;
14. Ilipat yang yarregla qñg bulung saguin a quiscusanan taba;
15. Isiang yang pasibayu qñg baya;
16. Iquid ya,t ibaligtad qñg bandejado;
17. Isiang yang pasibayu ing lupa nang e melutu;
18. Yapag ne.

GASTO TOTAL 0.56

N.B. Mallaring 1 a bandejado.
Laman ding 6 a ema 345 gramos,
Pitalipan o balát 390 "
Total timbang 735 "

Sibucan neng

Julio 25, 1936

Mariano Alenson

ANGELES, PAMPANGA

RECIPE No. 68

PACSING ISO

Pamidalan-dalan	Pañgasangcap	Alagá queti
1.	Linisan la,t luglugan ing iso pipit, cundilat, até ampon ing batung vaca; ing batú pitnan ya qñg quecaban, ilaco ing lamad at pañgilian ñgang ti-2 dali capal. 1 a kilo at 130 gramos ing mesali, dapot pinasa reng 1/2 kilo ning carnicero	₱0.20
2.	Ibulug qñg balañgang maqui 2 tasang danum;	
3.	Tugtuganan 1/4 vino de arroz at ipalbug at tamban at É gogogo . .	0.04
4.	Ustung mucal na itugtug iting sangcap a gawan;	
5.	Aslam sasa 3/4 tasa.	0.03
6.	Pusitanan sabo ning 1 a calamunding at 1 a cucharitang calus pamintang mabilug at layun asinan 1 a cucharitang salipo	0.02
7.	Ampon 2 bulung laurel at 1 a cucharitang orégano McCormick . . .	0.01
8.	Ampon 1 a buntuc a bawang a pilpuc, tinalip	0.01
9.	Catugtug na ñgan niti pabustan mucal pasibayu;	
10.	Canita pa igogo at sucluban na;	
11.	Cattaulian tugtuganan 1 a cucharitang toyo Amoy	0.01
12.	At yapag na.	
	TOTAL GASTO	0.31

N.B. Mallaring 3 bandejado.

Ing piugalian qñg pacsing iso e re yabe ing batú; acu inabe que "for physiological reasons" pablasang maqui vitamin A ampon B2 calupa ning até, at subali cani- ti maqui "adrenalin" yang metung a macai- bie catibayan qñg catawan laban qñg saquit (resistance). Ing iso dacal ya "enzymes" a pacalaso peñgan a munie saup qñg bitú- ca ning tau.

Sibucan neng

Julio 25, 1936

Mariano Henson

ANGELES, PAMPANGA

RECIPE No. 69

BOCADILLOS DE CARNE A LA POLACA (Kluskis)

Pamidalan-dalan — Pañgasangcap	Alagá queti
1. Tadtaran ya ing 1/2 kilong babi, tacal lualan 1-1/3 tasa.	₱ 0.25
2. At yamas ya caring 10 tinape leco busal a mibabad qñg	0.05
3. 1/2 tasang vino de arroz, tacal lualan 2 tasa.	0.08
4. Sangcapan 1 a cucharitang salipo asin ampon 1/2 paminta	0.01
5. Ampon 1 a cucharitang balat dalayap a inalipis mapinu;	
6. Iting anggang megawa malmalan at gawan anti mong maruyang casin-dagul salaping-metung;	
7. Batian la ring 2 ebun at caniti la itama ding maruya.	0.06
8. Ititi la qñg 1/2 tasang tabang mapali, tia-12 ing asiang; ing sinipsip dang taba caibat dang metiti 1/6 tasa mu	0.03
GASTO TOTAL	0.48

N.B. Mallaring 2 bandejado a maqui 44 maruya.

Sibucan neng

Julio 27, 1936

Mariano Alenson

ANGELES, PAMPANGA

RECIPE No. 70

CHULETAS A LA PAPILLOT

Pamidalan-dalan — Pañgasangcap	Alagá queti
1. Alipisan maimpis ing 1/2 kilong babi at pamututan ti-4 a dali caba at	₱ 0.25
2. Itama ya qñg saboning 2 calamunding	0.01
3. a inasinan 1 a cucharitang salipó ampon 1/2 cucharitang paminta .	0.01
4. Pabustan lang 1/2 horang maca-tama caniting sangcap;	
5. Calabas na niting penandit isaca la at cuscusanan 1 a cucharang taba	0.02
6. Caibat itama la qñg 3 cucharang salipo gaw-gaw	0.01
7. Ipiritu lang banayad qñg baya qñg 2/3 tasang taba; ing sinipsip da 1/3 tasa mu qng taba	0.06
GASTO TOTAL	0.36

N.B. Mallaring 2 · bandejado

Sibucan neng

Julio 27, 1936

Mariano Alenson

ANGELES, PAMPANGA

RECIPE No. 71

BOUILLAVAISE DE MARSELLA

Pamidalan-dalan	Pañgasangcap	Alagá queti
1.	Ilaga la qñg 1/4 tasang danum deting miayaliwang clasing panasanan at sucluban:	
	alamang mañgalati 1/2 litro, tacal 1-1/2 tasa	₱ 0.06
	2 emang casantiñgan at 2 alimasag, tacal laman 1 a tasa	0.18
	1 a asan dalagang bukid a sime, tacal laman 2-1/3 tasa	0.15
2.	Pañgilayan la laman ding sime asan, alimasag, ampon ema;	
3.	Daldacan ing pisimen a malambut ding alimasag at ema, danuman 1/2 tasa, paslan, salacan at	
4.	Itugtug qñg busal dang mebaclas ding 10 tinape at	
5.	Tugtuganan 1 a cucharang taba at yamas mayap, tacal lualan 1 tasa.	0.02
6.	Paqui-yamas ing 1 a cucharitang salipo asin at 1/8 paminta . . .	0.01
7.	Tadtaran ing 1/2 sibuyas ampon 2 camatis casantiñgan a dagul . . .	0.03
8.	At iguisa lang mitutuqui anggang e la lantá	
9.	qñg 1 a cucharang taba	0.02
10.	Ibulug ñgeni ing asan a miayaliwang mi-recaduan;	
11.	Tugtuganan 1/4 tasa vino de arroz at igogo mayap	0.04
12.	Danuman 2 tasa;	
13.	Buburanan casindagul cucúng calingquiñgan a áñge, 1 a bulung laurel, ampon 3 cabutilan pilpuc a bawang, ampon 1/2 cucharitang tomillo ampon 1/2 cucharitang perejil, ing áñge pilpuc ya,t leco balat . .	0.03
14.	Banayaran ing tañgab, igogo at pabucalan malumeme ma 15 minutu pa at yapag na.	
	GASTO TOTAL	0.54

M.B. Mallaring 3 bandejado.
Ing maca-utus vino blanco qñg No. 11, at vino coñac qñg lugal ning danum qñg No. 3.
Nung miayaliwa la ring asan, at nung maqui talaba ya, paro, o paro ulang at cálang, lacuas yang maticas a lasa.

Sibucan neng

Julio 27, 1936

Mariano Alenson

ANGELES, PAMPANGA

RECIPE No. 72

POTAJE DE GARBANZOS

Pamidalan-dalan — Pañgasangcap — Alagá queti

1. Ibabad lang danum a marimlang dacal a maqui 1 cucharita Royal Baking Powder ding 1 a tasa (190 gramos) garbanzos mexicanos ita pang vísperang beñgi; cabucasan megalsa la mica tacal lang 2-1/2 tasa . . . . . ₱0.08

2. Cayagnan ding garbanzos mibabad mu namang capirasung bacalao 108 gramos; cabucasan lumbag ya mica tacal yang 1 a tasa ustung maguili neng mañgalati 0.16

3. Isaca ya ing bacalao at pañgilian 1/2 pulgada cuadrada;

4. Linisan lang mayap ding 4 a patatas at panatbian tiapat. 0.05

5. Ilulan lang suput ding garbanzos, balang é tuqui balát ipugung ya ing suput qñg talanan o balugbug ning cacerola at ilulan la qñg cacerola ñgeni ding patatas a penatbi; ding garbanzos luglugan mayap;

6. Danuman ya ñgeni ing cacerola ita mu sang ustu lang lumbug ding panalpa at asinan 1 a cucharitang calus;

7. Pulpucan ing 3 cabutilan a bawang at panatbian la ring 3 camatis a casantiñgan a dagul, tinalip ing bawang. 0.04

8. I-guisa la ring bawang, ustung lare la isalisi ing camatis qñg 1 a cucharang taba 0.02

9. Isalising ibulug iting sangcap:
   5 pamintang dildac,
   1/8 cucharitang tomillo,
   1 a buntuc a bawang a tidtad, tinalip,
   1/2 cucharitang pimenton 0.03

10. Cabud melare ing bawang ilipat iting sangcap qñg pilagan garbanzos at patatas;

11. At yabe ne ing bacalao at sucluban;

12. Tamban at palambutan anggang e malutu at tanggap lasa;

13. Ustung yapag ya ing potaje ibulus la ring garbanzos a tinalip macapatulug qñg pinggan.

GASTO TOTAL 0.38

N.B. Mallaring 2 bandejado.
Aguiang capilan e la dapat iquid qñg apí ding garbanzos, nung alí sumias la; mallari lang ilipat qñg mainang tañgab warisat ding patatas malambut na la.
Ding patatas e la tinalip pablasang macanian dong cacanan caring hoteles America.
Ding garbanzos sauco mal la tia ₱1.20 kilo.

Sibucan neng

Julio 28, 1936

Natalang Atienson

ANGELES, PAMPANGA

RECIPE No. 73

OYSTERS A LA D'UXELLES

Pamidalan-dalan	Pañgasangcap	Alagá queti
1.	Linisan la, ipali la anggang e la mucal at patictican ding 2 tasang talaba.	₱0.16
2.	Itagan ing sabo at salacan qñg colador a masinsin; ing sabo lingcas 1-10/12 o miguit ditac qñg 1 a tasa, ing gamitan 3/4 mu;	
3.	Cabang lulutu la ring talaba mibabad 4 a payung-payuñgan a maragul 1/2 hora qñg danum, ilaco la tampuc at tangqué, at luglugan ulit-ulit; tadtaran la ita sang lualan dang 2 cuchara tacal . .	0.04
4.	Mipaling 2 cucharang mantequilla Golden State qñg sarten at. .	0.04
5.	I-guisa la caniti ding payung-payuñgan ma 5 minutu;	
6.	Nung marimla na ing sabo itugtug tunggal ditac qñg 2 cucharang salipo harina o gaw-gaw anggang e malaso mayap;	
7.	Yabe iti qñg gui-guisá, igogo mayap at banayaran ing tañgab;	
8.	Ilutu pang 3 minutu;	
9.	Asinan 1/2 cucharita, pusitanan 1/2 cucharitang sabo dalayap;	
10.	Ampon 1/8 cucharitang pamintang Cayenne.	0.01
11.	Igogo mayap at iquid;	
12.	Isamut agad ing 1 a ebun a betian.	0.03
13.	Palamnan la caniti qñg metung a cucharita ding 20 pan de sal a malati a leco busal at ningnang "toasted"	0.10
	GASTO TOTAL	0.39

N.B. Mallaring 3 bandejado a maqui 40 pisaru a ausan dang "vol-au-vents". Nung paquiabe i-guisang tambing qñg No.5 ing harina at tauli ing sabo antimo ing tuturu ning The Boston Cooking-School Cook Book mamunggapul ing harina at alalasa mu ing harinang e malaso.

Ding maca-utus talagang tinape ila ding americano peñgiling tela-triángulo o "diamond-cut" at ding talaba titlu-titlu la umpuc.

Sibucan neng

Julio 30, 1936

Mariano Henson

ANGELES, PAMPANGA

RECIPE No. 74

FRIED OYSTERS IN BATTER

Pamidalan-dalan — Pañgasangcap — Alagá queti

1. Pilinan la ring masanting a talaba a maqui tacal 2 tasa at linisan la,t palañgian qñg tohalla: ing masanting, pililiwasan yang itás ing miñgatba nang sepu ning tohalla caring aduang gamat at parugang la ring talaba qñg quelaparan ning tohalla. . . ₱0.16

2. Itama la caniting "Batter" a gagawan macanian:

   Batian lang mayap ding 2 ebun a inasinan 1 a cucharitang salipo ampon singcapan paminta 1/8 cucharita. 0.06

   Qñg aliwang lulanan a malualas at malandé ilulan ing 1 a tasang harina o gaw-gaw. 0.24

   At tugtuganan tunggal ditac 3/4 tasang gatas damulag, igogo mayap anggang e malaso lubus ing gaw-gaw. 0.03

   Piabayan ñgeni ing sangcap ebun-asin-paminta ampon ing gatas-gawgaw;

3. Ititi la ring talaba ñgeni qñg 1 a tasang tabang mapali, dapot ing sinipsip dang taba 3/8 tasa mu. 0.07

4. Ing cule rang lunto diló, nung misunu la pa pañgatiti e no maticas at masampat a lasa;

5. Patictican la at buburanan 1/2 cucharitang parsley C & B. 0.01

6. Yapag lang maqui 4 a cabañgal a dalayap qñg labi ning bandejado . 0.10

GASTO TOTAL 0.67

N.B. Mallaring 2 bandejado a ti-30 talaba balang metung. Ing asubucan cung mayap ibulus lang macapamisan ding talaba qñg "batter" at indat misiang y-yamas lang mayap qñg "batter" at salucan la qñg cuchara de sopa tunggal-tunggal cayabe na ing "batter" at ibulug la qñg tabang bubucal, ti-20 ing asiang, ing "batter" anti mong sicad. Dapot nung isoso lang maranun caniti at gamatan la, lumabis dacal ing "batter" at calilua qñg sarten pablasang ding talaba e la patugut lungcas a sabo nung e la matiti. Nung ating lunto macanian italbug yang pasibayu qñg "batter" at i-piritu.

Sinabi cung y-yamas lang mayap qñg "batter" uling aguiang mu'ya pa anti cayapan a pañgagawa iti ing harina o gaw-gaw sasayad mu rin.

Ngening 1968 subucan yeng idagdag ing Borden's Cremora 1 cucharita calus qñg "batter" at ala nang sumayad.

Sibucan neng

Julio 30, 1936

Matilang Nicolson

ANGELES, PAMPANGA

RECIPE No. 75

SISIG TALABÁ

Pamidalan-dalan — Pañgasangcap — Alagá queti

1. Udiuran lang mayap qñg bunut o cepillo ding talucab ding 46 talaba, nanupata nung tacalan la laman mipaguiu la qñg 2 tasa. . . ₱0.16

2. Pulpucan la pisanib ding talucab at ibuclat la qñg cuchillo; banglian lang danum a bubucal, patictican la at ilulan caring pabucal ya cabud pigbangli cu, ban queta e masayang;

3. Ing tiltilan da oiti:

1/4 tasa vino blanco antimo ing Valdepeñas.	0.08
1/4 tasa aslam sasang bayu.	0.01
Sabo ning 1 a dalayap (americano).	0.10
1 a larang castila a linaga at quidcud a laman	0.01
1/8 cucharitang paminta·dildác;	
5 buntuc a sibuyas filipino a tidtad mapinu, tinalip . . .	0.02
GASTO TOTAL	0.38

N.B. Mallaring 2 bandejado.

Macanian dong cacanan sisig ding tau Malabon, Rizal. Dapot ing vino blanco ampon ing dalayap digdag cu niya mu, banting pacamate caring "Bacillus Typhosus" na ning tifus, warisat atin la man.

Ding talaba dacal la calcium at phosphorus. Bugtuan la,t canan.

Datos diquil careting talaba:

Neng anti queting Julio mataba la ring talaba dapot e la mañaman nune neng Abril-Mayo.

Deting talaba ibat la Obando, Bulacan, dapot mesali la qñg mercadó Dulumbayan, Sta. Cruz, Menila

Tia ₱1.20 ing ticlis caring maqui talucab, ding seli cu 1/2 ticlis la mu, guewa cong 3 bayong a casantiñgan a dagul, pati reti ampon calesa liwalan dang ₱0.78; ing liwalan dang tacal ding laman 9 a tasa, nanupata tia ₱0.08 miguit ditac,ing tasa, o ₱0.086.

Ing timbang nang exacto ning 1/2 ticlis a talaba 12 kilos y 540 gramos (talucab at burac); laman 2 kilos y 200 gramos pati sabo; nung patictican lang ulit-ulit ing timbang ning 1 a tasang laman 240 gramos. Eata, ing cabilugan nang timbang ning 1/2 ticlis ya pin ing 14 kilos y 740 gramos.(talucab,burac at laman).

Ing bilang da ring talabang e pa mebuclat 200 la at ding laman da 270 la; nanupata, balang 10 talucab atin tang panenayan lunto 13 laman. Depatan cu iting cálculo, uli ding Recipes exactu la tacal at ding purus laman e la mayap ti-tinggal aduang aldo; iña nung e iti, sacali balumu ing tacal laman macananu mung abalu ing nung pilan lang talucab? Ustung macañgañgá ya iti mete ne ing talaba E ne dapat cacanan.

Sibucan neng

Julio 30, 1936

Mariano Henson

ANGELES, PAMPANGA

RECIPE No. 76

FRITADANG BABI

Pamidalan-dalan Pañgasangcap	Alaga queti
1. Sancochan ya qñg 1/4 tasang aslam sasa.	₱0.01
2. ing 1/4 kilong babing peñgiling casantiñgan a dagul at sucluban	0.10
3. Luglugan lang mayap at panatbian lang tia-8 ding 4 a patatas. .	0.05
4. I-piritu la qñg 2 cucharang tabang mapali ba lang e malansa . .	0.04
5. Caibat dang me-piritu saguli iquid la pa mu at patictican;	
6. Panatbian la ring 2 camatis a malulut casantiñgan dagul	0.02
7. Cudcuran ya laman at pañgilian ing 1 a larang castilang malulut	0.01
8. Ustung malambut ne ing babi iquid ya pa mu;	
9. Qñg cabud tabang pipamirituan patatas l-guisa la deti;	
10. Bawang a pilpuc 3 cabutilan, 1/2 sibuyas a tidtad, tinalip la .	0.01
11. Ampon 1/2 cucharitang pimenton McCormick	0.01
12. Isalisi la ding camatis ampon ing lara at igogo mayap;	
13. Ibulug na ñgeni ing babi;	
14. Sangcapan 2 cucharang toyo Amoy o Kikkoman Shoyu	0.02
15. Pisangle-sangle 3 minutu anggang e tanggap lasang mayap;	
16. Caibat, danuman a bubucal 1 a tasa;	
17. Ibulug no ring patatas fritas ñgeni, sucluban at pabustan mucal;	
18. Buburanan 2 galletas a migmug qñg almirez at igogo mayap 2 minutu;	
19. Iquid agad at yapag.	
GASTO TOTAL	0.27

N.B. Mallaring 2 bandejado.

Sibucan neng

Julio 31, 1936

Maliang Alenson

ANGELES, PAMPANGA

RECIPE No. 77

REGUCAN

Pamidalan-dalan — Pañgasangcap — Alagá queti

1. Pañgilian yang 1/2 pulgada cuadrada ing 1/2 kilong babing casim ₱0.25
2. I-guisá qñg 1 a cucharang taba. 0.02
3. ing 2 buntuc a bawang a tidtad, tinalip 0.02
4. ampon ing 4 cucharang salipo sabó baguc pisla ibat Dagupan . . . 0.05
5. ampon ing mala-maiz a áñge pilpuc, idicdic qñg bulung ning sanduc;
6. Isalisi ne ñgeni ing babi at pisangle-sangle 5 minutu anggang e manimusió;
7. Tugtuganan 1/2 tasang aslam sasá 0.01
8. É dapat igogo ñgeni;
9. Buluganan 1 a bulung maragul laurel;
10. Danuman bubucal 1 tasa at sucluban;
11. Ustung mucal igogo;
12. Banayaran ing tañgab at pabustan lungcas a taba, igogo pa misan;
13. Iquid na at yapag.

GASTO TOTAL 0.35

N.B. Mallaring 2 bandejado

Sibucan neng

Julio 31, 1936

Mariano Henson

ANGELES, PAMPANGA

RECIPE No. 78

LAGAT PUSU

Pamidalan-dalan	Pañgasangcap	Alagá queti
1.	Alipisan lang maimpis ding 3 pusung saguin butulan leco sabac. .	₱0.09
2.	Ibabad la qñg dacal a danum marimlang inasinan 1 cuchara salipo 1/2 hora anggang e lungcas ing agtá ra.	0.01
3.	Calabas na niti paslan la at ibayu ing danum, macatadua daptan iti;	
4.	Patictican la qñg colador; ing tacal a lunto 6 a tasa;	
5.	Cabang bababad la ring pusu, bangliyan la ring 1/2 litrong paro saguiwa, talipan la at pañgilian titlu, daldacan la buntuc at balát qñg almirez, danuman iti 1-1/2 tasa, paslan, salacan at icalilua pa mu uling magamit bandang tauli	0.12
6.	Pamututan tanting cucúng taliri ing pititian o chicharron a magagawa qñg bale, nung ing caring magtinda mallaring laun na; ita sang ing tacal nang lualan 2 tasa;	
7.	I-guisa qñg 1 a cucharang tabang mapali	0.02
8.	ing 3 cabutilan a bawang pilpuc ampon 1/2 sibuyas inalipis,tinalip	0.01
9.	ampon 1 a cucharang salipo alubebe, idicdic qñg sanduc	0.02
10.	ampon ding paro, pisangle-sangle lang 3 minutu;	
11.	ampon ing chicharron, pisangle-sangle mu naman;	
12.	ibulug ñgeni ing pusu at yamas 5 minutu anggang a lucluc manimusió;	
13.	Tugtuganan 1/8 tasang aslam sasá ampon 1 cucharitang sabo dalayap	0.01
14.	Igogo pasibayu at yamas mayap;	
15.	Yabe ñgeni ing 1-1/2 tasang sabo paro qñg No.5 at igogo;	
16.	Sangcapan 1 a cucharang patis at igogo na naman at sucluban. . .	0.02
17.	Banayaran ing tañgab at pabustan mucal pang 5 minutu;	
18.	Batian la ring 2 ebun.	0.06
19.	Iquid bubucal ing pusu ñgeni at itugtug tunggal ditac ing ebun samantalang yamas mayap;	
20.	Mallari nang yapag.	
	GASTO TOTAL	0.36

N.B. Mallaring 3 bandejado

Sibucan neng

Julio 31, 1936

Maiang Benson

ANGELES, PAMPANGA

RECIPE No. 79

MECHADONG SOLOMILLO A LA FRANCESA

Pamidalan-dalan — Pañgasangcap	Alagá queti
1. Pamututan yang tia-4 a dali at culculan libutad mala-tindaragul lagpus-lagpus balang caputut ing 1/2 kilong solomillong vaca. . .	₱0.25
2. "Mechajan" ya o sacsacanan ing culcul qñg tabang lagat a ditac. .	0.05
3. Iderang ya ing carne o caya pibiling-biling yang maralas qñg bacal nang mapaling malinis ning fogon anggang e lare;	
4. Isiang ya ing metung a curan a malating dili o cacerolang mala-ting malalam at ilulan ya queti ing carne asada at tugtuganan 2 tasang danum a bubucal ita sang ustu yang lumbug;	
5. Tamban malumeme quilub ning 3 horas at sucluban;	
6. Cabang lulutu ya buluganan ya caniti:	
4 a patatas a malinis maqui balat penatbing tia-8.	0.05
1 a sibuyas a mabilug a tinalip Bombay	0.02
1/8 cucharitang clavos at 1/8 cucharitang tomillo	0.01
1 a cucharitang calus pimenton McCormick	0.01
1 a latang de 10-1/2 ozs. zanahorias pemutut ti-3 pati sabo SW	0.28
ampon 2 cucharang toyo Amoy o Kikkoman Shoyu	0.04
7. Ustung malambut na ing carne sangcapan yang 1 a cucharang taba. .	0.02
8. Bayu ya iquid tugtuganan yang 1 a cucharang salipo gaw-gaw a linaso qñg ditac a danum a marimla	0.01
9. Igogo yang mayap at cabud merayuput ya salsa iquid ne .	
GASTO TOTAL	0.74

N.B. Mallaring 3 bandejado

Ing talagang sangcap nang Carmen de Burgos puré de guisantes, zanahorias at patatas mu. Eata, ing anggang macapasubali caniti picatsa cu nang digdag.

Nung zanahorias lang saguiwa ding megamit mecad iting recipe mica gastus ya mung ₱0.50.

Sibucan neng

Agosto 1, 1936

Mariang Henson

ANGELES, PAMPANGA

RECIPE No. 80

ALMENDRAS AT MANUC
(Lutung intsic)

Pamidalan-dalan — Pañgasangcap — Alagá queti

1. Linisan ya, ilaco butul at pamututan ti-2 dali cacaba ing metung a manuc a casantiñgan a dagul, ita sang ing tacal ning laman lunto 2-1/3 tasa miguit o cumulang. . . . . ₱0.45

2. Tugtugan lang danum a bubucal ding 1 a tasang almendras, a alang balat, 142 gramos, at ilaco la baluc, caibat isangle o caya ing masanting y-hornu lang 10 minutu. 0.28

3. Durugan lang magaspang qñg almirez, dururut ya at didicdic ing álu, ban e la tatalipsu o mañga-ugsé. . . . . .

4. Isangle la qñg 1 a cucharang tabang mapali, at sipsipan da ñgan, caibat ning 2 minutu iquid la pa mu at ipinpin; 0.02

5. Qñg cabud sarten a pisanglen almendras a mapali pa, mitugtug pasibayung 2 cucharang taba at i-guisa la caniti deti:. 0.04

   1 a sibuyas casantiñgan dagul tidtad, tacal 3/4 tasa 0.02
   10 payung-payuñgan a maragul a binabad 1/2 hora, leco tangqué at tampuc, liglugan ulit-ulit, guiling mapinu, ing tacal dang lunto 1 tasa. 0.10
   1-1/4 tasang apulid intsic, peñgiling malati, 1 lata de 12 oz. 0.25
   4 captas kinsay, liglugan mayap at peñgiling malati, 3/4 tasa 0.04

6. É patugut gogogo quilub ning 5 minutu anggang e lucluc;

7. Danuman bubucal 2 tasa, igogo, sucluban at pabustan mucal ma 10 minutu, caibat iquid, ilicas at ilele;

8. Isiang yang pasibayu ing sartem a malinis at mapali, dinan ne namang 2 cucharang taba at ustung mapali na 0.04

9. I-piritu ing manuc anggang e lare quilub ning 5 minutu;

10. Tugtuganan 1 a tasang caldo chino, sucluban at pabucalan pang 10 minutu anggang e lambut;(lawan Recipe No. 55 B)

11. Tugtuganan salsa china a megawang aparte at ibulug agad ing anggang gule mi-guisa qñg No. 5;

12. Iquid agad at buburanan babo qñg almendras a dinurug, No. 4.

13. SALSA CHINA gagawan yang macanian: lasawan ing 1-1/2 cucharitang gaw-gaw qñg ditac a danum a marimla; itugtug iti qñg 1 a tasang caldo chino a bubucal at igogo at pabustan anggang e dayuput; tugtuganan 1 a cucharang toyu, 1 a cucharitang calus asin, 1 a cucharitang calus mayumu, 1/3 cucharitang larung liñgá . . 0.03

GASTO TOTAL 1.27

N.B. Mallaring 4 bandejado.

Sibucan neng

Agosto 1, 1936

Mariang Estenson

ANGELES, PAMPANGA

RECIPE No. 81

ROAST BEEF, MEXICAN SAUCE

Panidalan-dalan	Pañgasangcap	Alagá queti
1.	Alipisan yang maimpis ing 1/2 kilong solomillong vaca.	₱0.25
2.	Iderang ya qñg baya o qñg bácal nang mapali ning fogon at maralas pibiling-biling anggang e lare at maduluc ditac lual;	
3.	Iquid ya caring bandejado at tugtuganan caniting salsa:	
4.	SALSA MEXICANA macanian ya pañgagawa:	
	Tadtaran yang mapinu ing 1 a sibuyas Bombay, tinalip.	0.02
	Antimu rin deting tuqui-tuqui:	
	1 a larang mayumung malulut at 1 a larang mayumung verde, leco la tampuc at butul.	0.02
	Cabutilan a bawang pilpuc at tinalip;	
	Capun a kinsay, tacal 1 a cucharita	0.01
	Ilaco la balat at alipisan ding 4 a camatis malati	0.04
5.	I-guisa ñgeni ing sibuyas qñg 2 cucharang mantequillang G.S. mapali	0.04
6.	Pituquituquian bubulug ñgeni, calabas ning 5 minutu, ding anggang sangcap qñg No. 4;	
7.	Ilutung 5 minutu e patugut gogogo;	
8.	Tugtuganan 1 a cucharitang Worchestershire Sauce antimo Lea &Perrins	0.03
9.	Catataulian asinan 1 a cucharitang calus;	
10.	At danuman bubucal 1/4 tasa at pabustan mucal 2 minutu pa;	
11.	Iquid at yang itugtug icalat babo ning asadong solomillo. ing salsa babo ampon 2 capisic Magi sauce.	
	GASTO TOTAL	0.41

N.B. Mallaring 2 bandejado

Sibucan neng

Agosto 1, 1936

Liviang Henson

ANGELES, PAMPANGA

RECIPE No. 82

SALSEADONG CARNE

Pamidalan-dalan — Pañgasangcap	Alagá queti
1. Pañgilian ing 1/2 kilong babi mannipit taba 1 pulgada cuadrada.	₱0.25
2. Tadtaran la ring 4 a camatis maragul.	0.04
3. Antimu rin ding 2 sibuyas a maragul Bombay, tinalip	0.04
4. Ititi ya ing carne qñg cabud taba na anggang e lare at lucluc; caibat iquid ya,t patictican qñg colador pa mu;	
5. Salucan ing taba at mitagan 1 a cuchara; palaren ya caniti ing 1 a buntuc a bawang a pilpuc, tinalip	0.03
6. Isalising ibulug ing sibuyas, camatis ampon 1 a cucharitang calus pimenton at 2 bulung laurel	0.01
7. Igogo at sangcapan 2 cucharang toyo Amoy	0.03
8. Cabud melutu na ing camatis ibulug ing carne at pisangle-sangle 2 minutu anggang e tanggap lasa;	
9. Danuman 1 a tasa;	
10. Pabustan mucal;	
11. Buburanan 1 a bizcocho de caña o 1 a galletang durug at igogo .	0.01
12. Pabustan pang mucal 5 minutu at	
13. Saca na iquid.	
GASTO TOTAL	0.41

N.B. Mallaring 2 bandejado

Sibucan neng

Agosto 3, 1936

Mariano Alenson

ANGELES, PAMPANGA

RECIPE No. 83

SALSEADONG REPOLLO

Pamidalan-dalan	Pañgasangcap	Alagá queti
1.	Luglugan ya, ilaco busal at pañgilian manunggal dali calapad ing 1 a repollo a casantiñgan a dagul at ibabad danum 15 minutu.	₱0.12
2.	Misiang 1 a cawali, ilulan ya ing repollo at danuman 2 tasa;	
3.	Buluganan 1/2 tasang jamon pato o hoksio pañgiliang malati, tambing nang lutu, 70 gramos.	0.10
4.	Ampon 1 a cucharitang salipo asin	0.01
5.	Pibiling-biling yang malagad, É susucluban bitasá, anggang e mucal misan;	
6.	Cabang tatamban ya alipisan lang mapinu ding 2 camatis	0.02
7.	Antimu rin ing 1 a sibuyas at mulpuc cabutilan a bawang, talipan.	0.02
8.	Nung mical ne misan ing repollo iquid ya pa mu qñg aliwang lulanan at patictican, ing sabo icalilua uling magamit;	
9.	Linisan ing cawali at isiang pasibayu maqui 1 a cucharang taba .	0.02
10.	I-piritu ing bawang anggang e lare, tuqui ing sibuyas, camatis;	
11.	Cabud melanta no ring camatis itugtug ing danum pilagan repollo;	
12.	Pabucalan 2 minutu at ibulug pasibayu ing repollo at É susucluban;	
13.	Lasawan ing 1 a cucharang salipo gaw-gaw qñg ditac a danum a marimla at yabe qñg sabo, igogo anggang e dayuput	0.01
14.	Iquid na.	
	GASTO TOTAL	0.30

N.B. Mallaring 2 bandejado

Sibucan neng

Agosto 3, 1936

Victoriano Henson

ANGELES, PAMPANGA

RECIPE No. 84

SESOS A LO PINERO

Pamidalan-dalan	Pañgasangcap	Alagá queti
1.	Luglugan miamasamas qñg danum a marimla ing 1/2 kilong utac, ilaco lamad a malambut at daya, pabucal qñg 1 a tasang danum ceros queti alang 1/2 kilo o 500 gramos, nune 330 gramos mu a maqui tacal 1-1/4 tasa.	₱0.20
2.	Nung lutu na iquid at patictican qñg colador;	
3.	Pusitanan 1 a cucharitang sabo ning 1/2 dalayap americano at pabustam macanian 1/2 hora	0.05
4.	Batian ya ing 1 a ebun at abayanan 1/2 cucharitang harina o gaw-gaw	0.03
5.	Ampon 1/2 bizcocho de caña o 1 a galletang durug mapinu	0.01
6.	Cabutilan bawang tidtad, 1/2 cucharitang parsley, 1/4 sibuyas tidtad bawang at sibuyas leco la balat.	0.02
7.	I-piritu anggang e lare qñg 1/4 tasang tabang mapali, igogo at ibiling alang patugut.	0.05
8.	Iquid at patictican;	
9.	Buburanan ditac a pulvus canela babo bayu i-yapag	0.02
	GASTO TOTAL	0.38

N.B. Mallaring 2 bandejado.

Sibucan neng

Agosto 3, 1936

Mariano Atienza

ANGELES, PAMPANGA

RECIPE No. 85

CAMARON REBOZADO CON JAMON

Pamidalan-dalan — Pañgasangcap — Alagá.queti

1. Banglian la qñg danum a bubucal, talipan la,t ilaco buntuc ding 2 litrong paro saguiwang maragul, bilang da 46. . . . . ₱0.30
2. Sagsagan lang 1 pulgada cacaba qñg gulut at
3. Palamnan lang ditac a jamon Hoksio tambing nang lutu, peñgi-ling cuadradung mañgalati a maqui tacal 1 tasa at timbang 120 gramos. 0.16
4. Itama la at iculaput canit ing sangcap:

   4 a ebun a betian 0.06

   7 cucharang salipo harina o gaw-gaw linaso mayap qñg ebun. . . 0.01

   1 a cucharitang calus asin;

   1/2 cucharitang paminta dildac;

   ampon ing sabo ning 1 a calamunding. 0.01
5. I-piritu lang tia-12 ing asiang qñg 6 cucharang tabang mapali. . 0.10
6. At ibiling anggang e la mag-dilo;
7. Iquid la,t patictican;
8. Ing tiltilan da SALSA AGRI-DULCE, macanian yang gagawan:

   Lumaso 2 cucharang salipo gaw-gaw qñg 1-1/2 tasang danum e marimla;

   Tugtuganan 3 cucharang aslam atbung laún o sabo acharang maslam (Dill pickles) lacuas mañaman at maticas a lasa;

   Lasawanan 2 cucharang calus mayumu;

   Pusitanan sabo ning 2 calamunding;

   Sangcapan 3 cuchara toyo;

   Igogo mayap alang patugut cabang papali anggang e dayuput at lumino 0.02

GASTO TOTAL 0.66

N.B. Mallaring 2 bandejado

Sibucan neng

Agosto 3, 1936

Mariano Alenson

ANGELES, PAMPANGA

RECIPE No. 86

KEKIAM

Pamidalan-dalan — Pañgasangcap — Alagá queti

1. Guiliñgan la reting atlung bague tuqui-tuqui:

   1/4 kilong babing alang taba, tacal lualan 1-1/8 tasa. . . . . ₱0.10

   1/4 kilong tabang tapí, tacal lualan 1-1/8 tasa. 0.10

   1 litrong paro saguiwa tinalip at leco buntuc, tacal 1 tasa. . 0.18

2. Lumaso 1 a cucharitang asin salipo caring

3. 4 a ebun a betian mayap. 0.12

4. Tadtaran mapinu ing 1/2 tasang sang 0.02

5. Agagan ing 1 a tasang harina o gaw-gaw 0.03

6. Piabe-abayan ñgang yamas miamasamas iti;

7. Gawan yang aduang daque ing masang lunto;

8. Ilulun qñg adua capirasung tabang tapí (unto sinsal) a alang busbus 40 centimetros caba at 30 centimetros lapad, ipitis at ilucut miñgatbang sepu antimong pabalat lumpia. 0.20

9. Itim qñg calderong de doble fondo (double-boiler), ilulan qñg caldero babo at sucluban, ing danum atiyu qñg caduang caldero lalam a calulanan ning babo, ing danum masanting tambing nang bubucal itugtug at tamban ya quilub ning 1/2 hora; nung lagpus caniti tumbud ya ing sinsal uling lungcas ya taba;

10. Caibat na niti parimlan ya, ibacung ing tabang lingcas, at panalipisan yang macabaclé tanting calinquiñgan capal;

11. I-piritu la ring "medallones" qñg 1 a tasang tabang mapali anggang e la lare baguia at iquid lang agad at patictican; dapot ing sinipsip dang taba 1/16 tasa mu 0.01

12. Y-yapag lang pemutian bulung culantro o wansuy;

13. Ing tiltilan na oiti: 1/2 tasang aslam sasa 0.03
    a maqui 1/2 sibuyas a tidtad ampon 1/2 cucharitang asin . . . 0.01
    1/8 cucharitang paminta ampon 1/2 cucharitang mayumu 0.01
    O caya naman burung labanus a maqui chili sauce, o caya horse radish o caya mustard.

GASTO TOTAL 0.81

N.B. Mallaring 2 bandejado.

Sibucan neng

Agosto 4, 1936

Mariano Alenson

ANGELES, PAMPANGA

RECIPE No. 87

FRITADA DE HUEVOS
(Chackchouka Turca)

Panidalan-dalan	Pañgasangcap	Alagá queti
1.	Tadtaran yang magaspang ing 1 sibuyas a maragul.tinalip	₱0.02
2.	Ampon ing 2 a larang castilang verde o saguiwa leco butul at tampuc.	0.02
3.	Ampon ing 2 a camatis a maragul	0.02
4.	Mipaling 2 a cucharang taba qñg sarten	0.04
5.	At i-guisá la ring sibuyas, lara at camatis anggang e la lantá;	
6.	Buburanan lang 1 cucharitang asin at idicdic qñg sanduc;	
7.	Icalat qñg bulung ning sanduc ing sangcap at	
8.	Midiu italindiquing ya ing sarten babo na niting sangcap;	
9.	Balbalan ya ing 1 a ebun at ibulug, ipildis ya ing sarten at ibulug ne naman ing 1 a ebun, ipildis ne naman ing sarten at ibulug ne naman ing 1 a ebun, nanupata anti la mong tungcung caláng queng pañgabulug da, balang e tumpac-tumpac.	0.09
10.	Iquid ya ing sarten pa mu balang e maduluc ding ebun at isaca lang macacalale cayabe na lalaming sangcap;	
11.	Ing masanting, gauan 3 daque ing anggang sangcap qñg pañgabulug na ban queta macatiting 6 na namang ebun	0.18
12.	Qñg 1 namang cucharang tabang mapali	0.02
13.	At tuquian pasibayu ing merapat caring Nos. 5 anggang 10. . . .	____
	GASTO TOTAL	0.39

N.B. Mallaring 2 a bandejado

Sibucan neng

Agosto 4, 1936

Mariano Alenson

ANGELES, PAMPANGA

RECIPE No. 88

GALLINA EN PEPITORIA

Pamidalan-dalan	Pañgasangcap	Alagá queti
1.	Linisan ya ing 1 a manuc a dumalaga at pamututan casantiñgan a dagul at italbug yang pabucalan quilub ning 15 minutu qñg 3 tasang danum [illegible]	₱0.40
2.	Calabas na niti iquid ya pa mu qñg sabo at iti icalilua;	
3.	Mipaling 2 cucharang taba qñg cawali	0.04
4.	Alipisan ing 1 a sibuyas at i-guisá qñg tabá	0.02
5.	Tuqui yang paqui-guisang ditac ing manuc;	
6.	Ampon ing 1 a cucharitang calus parsley C & Blackwell	0.04
7.	Pisangle-sangle 5 minutu anggang e lare ing manuc;	
8.	Itugtug na ing sabo pilagan;	
9.	Sangcapan 1 a cucharitang salipo asin at 1/8 cucharitang paminta	0.01
10.	Sucluban pa mu at pabustan mucal at lambut ing manuc;	
11.	Pusitanan 1 a cucharitang sabo ning 1/2 dalayap americano . . .	0.05
12.	Lasawanan 2 malutu ding ebun at igogo mayap	0.06
13.	Lumaso 1 a cucharang salipo gaw-gaw qñg ditac a danum a marimla at yabe igogo qñg sabo bubucal anggang e dayuput	0.01
14.	Iquid nang agad.	
	GASTO TOTAL	0.63

N.B. Mallaring 2 bandejado.

Sibucan neng

Agosto 4, 1936

RECIPE No. 89

CHOP SUEY A CARNE

(Lutung intsic)

Panidalan-dalan	Pañgasangcap	Alagá queti
1.	Pañgilian yang mañgalati manunggal dali capal ing 1/4 kilong babi.	₱0.10
2.	Yamas yang mayap caniti: 1 a cucharitang calus gaw-gaw, 1/2 cucharitang larung liñgá (sesame oil), bayu 1 a cucharitang vino de arroz, 1/2 cucharitang asin, ampon 1 a cucharitang toyo Amoy	0.02
3.	Simen la,t ilaco balat at linisan ding 1 litro taugué, tacal 2-1/4 tasa lualan.	0.04
4.	Luglugan ulit-ulit at pañgilian 1 a dali caba ing 6 captas a kinsay, ing tacal na 2-1/2 tasa lualan. Ing american celery lacuas yang mayap nung yang magamit	0.09
5.	Mipaling 3 cucharitang larung manî qñg sarten	0.02
6.	Ititi ya caniti ing pilpuc a laya anting mala-maiz dagul;	
7.	Ibulug ñgeni ing carne at isangle 5 minutu;	
8.	Caibat niting penandit ibulug ing kinsay at isangle anggang e lanta;	
9.	Tuqui ing taugué, pisangle-sangle mu namang 2 minutu;	
10.	Danuman 2 tasa at ipalbug ing lulutu; sucluban mayap;	
11.	Sangcapan 1 a cucharang toyo Amoy	0.02
12.	Ilutu anggang mamalang baguiá at yapag na.	
	GASTO TOTAL	0.29

N.B. Mallaring 2 bandejado

Sibucan neng

Agosto 4, 1936

Matilang Valenzuela

ANGELES, PAMPANGA

RECIPE No. 90

LUTUNG LONGANIZA

Pamidalan-dalan	Pañgasangcap	Alagá queti
1.	Pañgilian yang 1/2 pulgada cuadrada ing 1 kilong babing casim. .	₱ 0.50
2.	Itama ya caniting sangcap a tuqui-tuqui at yamas mayap:	
	2 buntuc bawang pilpuc mayap, tinalip	0.02
	1/2 tasa aslam sasa.	0.01
	1/2 cucharitang paminta, 1/4 cucharitang pimenton mayap	0.02
	3 cucharang toyo Amoy	0.05
	1 a bulung laurel,	
	áñge leco balat at dildac mayap anting cucúng tindaragul gamat.	0.01
3.	Mipaling 2 cucharang taba qñg cawali	0.04
4.	Paslan ing carne at ibulug qñg cawali at pisangle-sangle ita saug baguia mu lungcas tabá;	
5.	Ustung melare ne at linucluc yabe ing sabo pipaslan;	
6.	Pabustan mucal at lambut at sucluban;	
7.	Igogo at ustung lingcas na taba iquid na.	
	GASTO TOTAL	0.65

N.B. Mallaring 2 bandejado

Sibucan neng

Agosto 5, 1936

Liliang Henson

ANGELES, PAMPANGA

RECIPE No. 91

LANGGUC CULUBASA AT CAMAÑGIANG

Pamidalan-dalan	Pañgasangcap	Alagá queti
1.	Talipan la ring 1/2 litrong paro, daldacan la balat at buntuc, danuman la reting 2 tasa, paslan la, salacan at icalilua.	₱0.09
2.	Pañgilian yang 1/2 pulgada cuadrada ing 1/4 kilong babi	0.10
3.	Paglasian ing langguc nang mañgalagu ning tulud ning langguc culubasa ita sang ing tacal nang lualan 3 tasa at ibabad danum 1/2 hora, caibat luglugan mayap at patictican	0.05
4.	Ilaco la taguiang ding 12 captas a camañgiang a maqui bilang 60, pañgilian lang ti-2 dali cacaba itasang ing tacal dang lualan 4 a tasa at ibabad lang danum 1/2 hora, caibat patictican la. . .	0.10
5.	Pulpucan ing 3 cabutilan a bawang at tinalip,	
6.	I-guisa qñg 1 a cucharang tabang mapali.	0.02
7.	Isalising i-guisa ing 1 a cucharang salipo baguc Dagupan	0.01
8.	Ibulug na ing carne at pisangle-sangle 5 minutu anggang e lare at lucluc;	
9.	Isalisi la ring paro anggang e la lumutu;	
10.	Tuqui na ing camañgiang at pisangle-sangle 5 minutu;	
11.	Itugtug ing tasa sabo paro at e susucluban; 2 tasa ing sabo;	
12.	Pabustan mucal 15 minutu;	
13.	Caibat na niti ibulug na ing langguc at pabustan pang mucal 5 minutu at e susucluban;	
14.	Asinan 1 a cucharitang salipo;	
15.	Igogo at iquid na.	
	GASTO TOTAL	0.37

N.B. Mallaring 3 bandejado.

Sibucan neng

Agosto 5, 1936

Catalina R. Henson

ANGELES, PAMPANGA

RECIPE No. 92

LAGAT ITU

Pamidalan-dalan	Pañgasangcap	Alagá queti
1.	Icusut lang abú ding 6 itu, cayuran la buntuc qñg campit ban luminis la, pututan la asbuc itang masacló la balbas; ing ma-gamit mu ing buntuc ampon ing catawan a pemutut alipis casing-capal 2 salaping-metung.	₱0.60
2.	Itama la qñg 1/2 tasang aslam sasa, lacuas mayap nung aslam achara	0.01
3.	a maqui 3 cabutilan a bawang a dildac mapinu at 1/8 cucharitang paminta.	0.01
4.	Tadtaran ya ing 2 · sibuyas maragul tinalip	0.04
5.	At i-guisa qñg 2 · cucharang tabang mapali	0.04
6.	Isalisi lang i-guisá 2 . · mala-maiz layang pilpuc ampon ing áñge leco balat at pilpuc mayap anting cucung tindaragul gamat.	0.01
7.	Idicdic ñgan iti qñg bulung na ning sanduc anggang e magdilo miamasamas ing sibuyas;	
8.	Ibulug la ñgeni ding peñgiling itu pati sangcap da, at pisangle-sangle 2 mung minutu;	
9.	Danuman bubucal 1 a tasa;	
10.	Asinan 2 . cucharitang salipo asin; igogo saguli;	
11.	Pabustan mucal 5 minutu at e na gogogo ban e la marunut ding itu;	
12.	Iquid na.	
	GASTO TOTAL	0.71

N.B. Mallaring 2 bandejado

Sibucan neng

Agosto 5, 1936

Mariang Alenson

ANGELES, PAMPANGA

RECIPE No. 93

ALPANG CAMANSI

Pamidalan-dalan	Pañgasangcap	Alagá queti

1. Calisquisan ya ing metung a bulig a casantiñgan a dagul, acbacan ya at iderang o caya qñg bacal ning fogon cascasan yang ditac a taba ban e ya mipacat a calisquis qñg bacal. P0.10
2. Ustung meduluc ne calisquis o balat, iquid ya at pamututan ti-2 dali capal at icalilua pa mu;
3. Talipan la ring 2 camansing múra at pañgilian casindagul ding butul da o dagul baguia, ing tacal dang lualan 8 tasa. 0.16
4. Pulpucan ya ing 3 cabutilan a bawang at talipan 0.01
5. At i-piritu ya qñg 1 a cucharang tabang napali qñg balañga 0.02
6. Isalising i-guisa ing 2 cucharang salipo alubebe at idicdic. . . . 0.03
7. Ibulug ing camansi tunggal ditac at pisangle-sangle 10 minutu anggang e tanggap miamasamas sangcap at lucluc;
8. Caibat na niti danuman bubucal 3 tasa at sucluban;
9. Buluganan 1/2 tasang pititian;
10. Pabustan mucal 1-1/2 hora at malagad-lagad gogogo;
11. Cabud melambut ya ing camansi ibulug ya ing asan a dinerang;
12. Asinan 1 a cucharitang salipo;
13. Pabustan pang mucal 5 minutu anggang e lungcas a lasa ing asan;
14. Iquid na.

GASTO TOTAL 0.32

N.B. Mallaring 4 a bandejado.

Iña e mayap lulutu ing camansi qñg sarten a bacal uling manuling ya pauli ning tannic acid a lalcas at maquiabe qñg bacal.

Sibucan neng

Agosto 6, 1936

[signature]

ANGELES, PAMPANGA

RECIPE No. 94

ALPANG LABANUS

Pamidalan-dalan	Pañgasangcap	Alagá queti
1.	Talipan la ring 1/2 litrong paro saguiwa, daldacan la balat at buntuc, danuman 1 a tasa, paslan at salacan at icalilua sabo. . .	₱0.09
2.	Luglugan la, talipan at paralan la qñg adiaran palaman panara ding 10 labanus a múra, ing tacal dang lualan 6 a tasa.	0.10
3.	Misadiang 1/2 tasang chicharron a bayu, peñgiling 1/2 pulgada cuadrada;	
4.	Pulpucan ing 3 cabutilan a bawang, tinalip	0.01
5.	Panatbian la ring 2 camatis casantiñgan a dagul	0.02
6.	I-guisa la ring bawang qñg 1 a cucharang tabang mapali	0.02
7.	Tuqui la ring camatis;	
8.	Tuqui la ring paro anggang e la lumutu;	
9.	Sangcapan 2 cucharang toyo Amoy	0.04
10.	Tuqui ing labanus pisangle-sangle anggang e lanta;	
11.	Itugtug ñgeni ing sabo paro;	
12.	Ibulug ing chicharron;	
13.	Igogo at pabucalan 15 minutu at sucluban;	
14.	Asinan 1 a cucharitang calus, igogo at iquid na.	
	GASTO TOTAL	0.28

N.B. Mallaring 3 bandejado

Sibucan neng

Agosto 6, 1936

Mariano Henson

ANGELES, PAMPANGA

RECIPE No. 95

ALPANG LABUNG

Pamidalan-dalan — Pañgasangcap — Alagá queti

1. Talipan la ring 1/2 litrong paro saguiwa, daldacan la balat at buntuc, danuman 2 tasa, paslan la, salacan at icalilua sabo. . . ₱0.09
2. Yamas qñg 1 a cucharang salipo asin ing 2 litrong labung cuayan (caring anggang labung manayun yang dili lasa ing bauguin) at pabustan macanian 1/2 hora; calabas na niti luglugan yang mayap, ing tacal nang lualan 5 tasa. 0.06
3. Misadiang 1/2 tasang chicharron a bayu, peñgiling 1/2 pulgada cuadrada;
4. Pulpucan ing 3 cabutilan a bawang, tinalip 0.01
5. Panatbian la ring 2 camatis casantiñgan a dagul 0.02
6. I-guisá la ring bawang qñg 1 a cucharang tabang pinali 0.02
7. Tuqui la ring camatis;
8. Tuqui la ring paro anggang e la lumutu;
9. Sangcapan 2 cucharang toyo Amoy 0.04
10. Tuqui ing labung pisangle-sangle anggang e lanta at tanggap sangcap;
11. Itugtug ñgeni ing sabo paro;
12. Ibulug ing chicharron;
13. Igogo at pabucalan 15 minutu at sucluban.

GASTO TOTAL 0.24

N.B. Mallaring 3 bandejado.

Ing labung dacal ya lecithin mu naman, dapot dacal ya mu cellulose o "roughage" antimo ing spinach, masanting dang cacanan ding maqui habitual conspitation, dapot e mu sa aldoldo.

Sibucan neng

Agosto 6, 1936

Matilang Atienson

ANGELES, PAMPANGA

RECIPE No. 96

TOYUBA

Pamidalan-dalan — Pañgasangcap — Alagá queti

1. Pañgilian yang 1 pulgada cuadrada ing 1/2 kilong babing minnipit taba. . . . . ₱0.25
2. Sancochan ya qñg 1 a tasang danum a tambing nang bubucal;
3. Caibat na niti iquid ya pa mu at ilele; ing sabo na magamit tauli;
4. Qñg cabud balañgang pi-sancochan dapot malinis na, mipaling 1 a cucharang taba. 0.02
5. I-guisá ya ing 1 a buntuc a bawang a tidtad mapinu, tinalip . . 0.01
6. Ustung melare ne ing bawang ibulug ing babi;
7. Tugtuganan 1 cucharitang salsa Worchestershire Lea & Perrins . 0.03
8. Pisangle-sangle 3 minutu anggang e tanggap lasa;
9. Yustung 1 a tasa ing sabo pi-sancochan qñg danum a bubucal at itugtug ampon sucluban;
10. Ilutung 20 minutu qñg tañgab a malumeme anggang e lambut;
11. Sangcapan 3 cucharang toyo Amoy at igogo. 0.06
12. Pabucalan pa misan at iquid na.

GASTO TOTAL 0.37

N.B. Mallaring 2 bandejado.

Ing salsa Worchestershire digdag cu nia mu. Iting Recipe metung ya caring platos favoritos nang Conching parati neng palutu; dapot ecu balu obat pemalaguiwan neng Toyuba, mecad galang ing burimang sabian Toyu at Babe?

Sibucan neng

Agosto 6, 1936

Mariang Benson

ANGELES, PAMPANGA

RECIPE No. 97

RELLENONG MANUC

Nota: Calutu na eya dapat culuban at isicap mapali uling macasaquit yang atian Alagá queti

Pamidalan-dalan — Pañgasangcap

1. Linisan ya caibat nang peparayan ning metung a gaindung manuc maragul. . . . . ₱0.60

2. Ilaco ya butul macanian: ilaco ya batal, dapot ing mitagan 2 mung dali caba manibat qñg pagó, palual ya queti ing butul; é pupututan ya baguius angga qñg caduang picalucaluan, nanupata san yang macacalale 4 o caya 5 dali qñg gulut macapatulungcaba ing laman qñg lasetas a mataram at ilislis anggang e macua ing galudgud ampon ing aliwang butul a mitagan; queting tastas carin palual ing bituca ampon ing laman-lub at queti mu naman palub ing palaman at iti yang tayan isará bayu ilutu. Metung a horas bayu ya ilutu palubanan yang 1 a cuchara toya-calamunding.

3. Macanian ya ing palaman nang gagawan:

4. Milagang 2 ebun ma-20 minutu anggang e la sumias. . . . . ₱.06

5. Cayagnan da reti milagang 2 chorizos secos Armour 0.14

6. Guiliñgan ing 1/4 kilong lomong vaca minnipit sebu 0.10

7. Tadtaran ing 1 a sibuyas Bombay at talipan 0.02

8. Ampon ding 2 camatis a malulut casantiñgan a dagul 0.02

9. Buluganan 1 cucharitang alcaparras alang sabo Bizet 0.05

10. Ilaco la butul ding 10 aceitunas de manzanilla at tadtaran 0.05

11. Pañgilian malati ing 1 a cucharang salipo acharang pepino intsik . 0.02

12. Ilaco ya miñgatbang tampuc ing 1 a manzanas, talipan ya ing cabañgal, ilaco ya busal at butul at daldacan ya balat at laman qñg almirez, ing cabañgal ya mung magamit. 0.02

13. Nung malambut no ring chorizos pañgilian lang malati at ding ebun panatbian lang tia-8;

14. Mibuclat 1 a carton malating pasas de 1-1/2 oz. o 42 gramos. . . . 0.04

15. Ampon 1 a latang malating guisantes "Primo" de 6 oz. 0.07

16. At misadiang 1 a cucharitang calus pimenton Mc Cormick 0.01

17. Ustung macasadia na ñgan iting pañangcap mipaling 1 a cucharang taba ampon 1 a cucharang mantequilla qñg sarten. 0.04

18. I-guisa no ring sibuyas anggang e la lanta, tuqui ding camatis, carne, chorizos, manzanas, aceitunas, achara, pasas, guisantes at pimenton, pisangle-sangle 5 minutu anggang e lare ing carne;

Mariano Lenson

ANGELES, PAMPANGA

RECIPE No. 97

RELLENONG MANUC
(catuglung)

Pamidalan-dalan	Pañgasangcap	Alagá queti

18. Calabas na niti iquid pa mu, parimlan at tugtuganan 1/2 latang gatas Alpine Evaporated de 6 oz. nanupata capitna na ning laman ning malating diling latang Alpine ing magamit at yamas. . . ₱0.04

19. Yabe mu namang macacalale ing ebun a masias a penatbi ban e macalag ing malutu na qñg claro;

20. Nung tinanggap neng sangcap mayap ing manuc qñg toyo-calamunding lual at quilub, ilulan na ñgeni ing palaman qñg tastas qñg gulut dapot e tatapat a laman nune malubac ya nana ban queta e mañgaspac o matdas ing relleno ustung malutu ne uling manigut ya qñg pali; ding baguius isalicut la pa mu quilub;

21. Tayan ne ñgeni ing manuc qñg gulut qñg sinulad No. 20;

22. Ibalut yang tacde barung babay ñgeni ing relleno, ing imalan a masinsin e laganap a pali, at bidbiran yang sinulad; cailañgan ing tacde baru bayu yang pipi at malinis ya; ding aliwa tambing da neng pi-piritu e ra ne pabucal, iña pin marahil lalto yang pipit at culang ya lutu;

23. Qñg 1 a tasang danum qñg balañgang malati, ita mu sang ustu yang mipaguiu ing relleno, pabucalan ya anggang e lambut, at sucluban;

24. Ing até, balumbalunan ampon ding butul, baguius, puad at batal a leco qñg manuc paquiagnan lang ibulug qñg balañga ñgeni;

25. Ustung malambut ne ing balumbalunan lutu nia naman ing relleno, iquid ne, parimlan at ilaco balut; banayaran ing tañgab ning balañgang macasuclub, sangcapan 1 a cucharitang calus asin at salacan ing sabo at icalilua, caibat nang miuman misaca ning anggang menudo; uling ing laman-lub sumapal iña sasalacan a sabó;

26. Tadtaran mapinu ing até ampon balumbalunan at buburanan 1 a cucharitang salipo gaw-gaw at isangle qñg ditac a tabang pititian qñg relleno bandang tauli;

27. Batian ya ing malutu ning 1 a ebun at caibat abayanan yang 1 a cucharitang mantequilla at batian pasibayu, itugtug iti qñg sabó sinalac a pilagan, ipaling pasibayu, isamut ing laman-lub a single qñg No.26, igogo anggang e dayuput, at yang peca-salsa qñg "gravy bowl." 0.04

28. Ing relleno milaco bálut qñg No.25 ititi ne at pibiling-biling maralas qñg 1/2 tasang tabang mapali; nung mataba ya ing manuc marahil 1 a cuchara mung taba ing sipsipan na. 0.02

GASTO TOTAL 1.29

N.B. Mipaguiu 1 bandejado.

Sibucan neng

Mariano R. Lenson

Agosto 8, 1936

ANGELES, PAMPANGA

RECIPE No. 98

ARROZ A LA MARIANNE

Pamidalan-dalan — Pañgasangcap Doble Tacal — Alagá queti

1. Ibubus iting anggang tuqui-tuqui qñg metung a curan a malati qñg ditac a danum 1/4 tasa anggang e malutu:
2. Ing 1 a emang mataba casantiñgan a dagul. . . . . ₱0.15
3. Ampon 1/2 litrong paro saguiwa leco buntuc at balat 0.07
4. Ampon 4 a longanizang Roxas Nepa ning Trade Center o Canton . . . 0.24
5. Babo lang dili icana ding 2 itung malinis at leco balbas ban e la mipacat qñg buldit ning curan 0.08
6. Talipan la ring ema pati galame ra ampon ding paro; ing anggang malambut qñg pitalipan ema, ding balat at buntuc ding paro daldacan at danuman 1 a tasang danum a bubucal paslan at salacan at icalilua pa mu;
7. Ilaco la buntuc at laplapan la laman ding itu, at simen ing laman;
8. Alipisan maimpis ing chorizo o longañiza;
9. Ilaco la butul at tampuc ding 2 larang castila malulut at tadtaran lang mapinu. 0.02
10. Pañgilian 1/2 pulgada capal ing 1 a tasang chicharron a megawa qñg bale;
11. Tadtaran ing 3 ca-pun a sang 0.03
12. Mipaling 1 a cucharang taba at 1 a cucharang mantequilla G. State 0.04
13. I-guisa ya caniti ing 1/2 sibuyas a tidtad anggang e lanta . . . 0.01
14. Tuqui na ing itu, chorizos, ema, paro at chicharron;
15. Sangcapan 2 cucharang toyo Amoy 0.04
16. Yabe tunggal ditac at idicdic qñg sanduc ing 6 a tasang nasi melutu qñg 1 a litrong abias at pisangle-sangle 5 minutu 0.02
17. Itugtug na ing sabo paro at ema at igogo; tuqui ing sang ibulug;
18. Ustung ume nang lañgi ibulug ing larang castila at igogo; iquid na.

GASTO TOTAL 0.70

N.B. Mallaring 3 bandejado.
Iting Recipe picatsa quia mu.

Sibucan neng

Agosto 8, 1936

Mariang Clemson

ANGELES, PAMPANGA

RECIPE No. 99

BUDIN

Pamidalan-dalan	Pañgasangcap	Alagá queti
1.	Pañgilian yang mañgalati ing metung a tinape americano a masasali qñg Dainty Bakery, calle Echague, Menila.	₱0.25
2.	Ibabad qñg 2 latang gatas de 14-1/2 oz. Alpine Evaporada	0.14
3.	Milagang 1 a chorizo seco Armour, qñg 1/8 tasang danum	0.07
4.	Ampon 60 gramos a jamon hoksio, tacal 1/2 tasa ustung peñgili ne.	0.08
5.	Cudcud 3 cucharang calus queso Edam qñg adiaran	0.01
6.	Ustung malambut na ing chorizo at jamon pañgilian mañgalati at yabe qñg tinape binabad;	
7.	Abayanan 2 cucharang mantequilla G. State	0.04
8.	Ibulug na ing queso;	
9.	Batian lang mayap ding 4 a ebun at yabe la naman qñg tinape. . .	0.15
10.	Linisan ya ing metung a moldeng latang maragul o caya 2 llénera, cuscusan lang mantequilla quilub macapatulug, canita e mipacat ing budín; ing masanting ding lata, uli ding hierro galvanizado nung e la masesese qñg vaselina micaca asin lang maputing lasun;	
11.	Yamas mayap ing tinape a maqui sangcap at ilulan qñg llénera, dapot ing molde e cacatmuan nune culang yang 2 dali, uling magalsa ing budin ustung malutu; parejuan ya babo qñg cuchara;	
12.	Itugtug ing tabang malutung lingcas qñg chorizo at jamon iñang linaga la qñg No.3 at No.4, itugtug babo ning budin;	
13.	Itim qñg tatsu a culang mu namang 3 daling danum qñg labi ban e maimilisic ustung mucal; dinan yang lata babo ing molde at baya; dapot nung ating fogon a maqui horno, masanting pa ing y-hornu ne ing molde, ala neng danum a pitiman at baya, at ban queta mallari yang magamit ing calang o busbus qñg aliwang pamalaguanan lulutu. Ing pali ning hornu 250 Fahrenheit.	
14.	Caibat ning 1 a horas mecad lutu ne qñg horno, at ipagpag ya caring bandejados, nung mipacat ya ilaco qñg cuchillong maimpis	
	GASTO TOTAL	0.74

N.B. Mallaring 2 bandejado

Eco guinamit ding pan de sal queti uling manong la lasa.
Ing laguiung a micatsa caniti misan e aldo a aganaca na.

Sibucan neng

Agosto 8, 1936

Mariano Alcerson

ANGELES, PAMPANGA

RECIPE No. 100

CARDILLONG TINAPA

Pamidalan-dalan	Pañgasangcap	Alagá queti

1. Talipan la,t ilaco duyi at pañgilian ding 20 tinapang tunsuy. . ₱0.10
2. Pañgilian lang malati ding 2 camatis casantiñgan a dagul. . . . 0.02
3. Tadtaran ya ing 1/2 sibuyas at pulpucan 3 cabutilan a bawang . 0.01
4. Mipaling 1 a cucharang taba qñg sarten. 0.02
5. I-guisa ne ing bawang tuqui ing sibuyas anggang a la lanta;
6. Isalisi ya ing camatis at dunutan ya qñg bulung ning sanduc;
7. Ibulug no ring tinapa at pisangle-sangle lang ma 2 minutu;
8. Sabon lang 1 a tasang danum a bubucal at pabustan mucal;
9. Asinan 1 cucharitang calus;
10. Batian la ring 2 ebun. 0.06
11. Iquid ya ing sarten at itugtug tunggal ditac ing ebun cabang sasabulan ing tinapa qñg sanduc.
12. Yapag ne.

GASTO TOTAL 0.21

N.B. Mallaring 1 a bandejado

Sibucan neng

Sept. 1, 1936

Liliang F. Lenson

ANGELES, PAMPANGA

RECIPE No. 101

PISTO

Pamidalan-dalan — Pañgasangcap	Alagá queti
1. Tadtaran ya ing 1/2 kilong babi.	₱0.25
2. Ilaco la tampuc at pañgilian malati ding 3 camatis malati.	0.03
3. Pulpucan ing 3 cabutilan a bawang at alipisan ing 1/2 sibuyas. . .	0.01
4. Panatbian lang mañgalati ding 2 patatas a liglugan	0.02
5. I-guisa ing bawang, sibuyas at camatis anggang e lanta;	
6. Qñg 1 a cucharang tabang mapali o mantoquilla G. State	0.02
7. Isalising i-guisa ing babi at ilutung ma 5 minutu, pisangle-sangle;	
8. Caibat na niti ibulug no ring patatas at igogo la;	
9. Danuman bubucal 1/2 tasa;	
10. Asinan 1 a cucharitang e binang masalipo	0.01
11. Sucluban at pabucalan 5 minutu pa;	
12. Ibulug ing 1 a latang malating guisantes "Primo" de 6 oz.	0.07
13. Ampon ing 1 a latang malating larang castila de 7 oz.	0.08
14. Igogo mayap ñgeni iti at isamut mayap;	
15. Caibat ning 2 minutu iquid ne ing sarten;	
16. At tugtuganan 2 ebun a sebulan at isamut mayap anggang e magculta;	
17. Yapag ne.	
GASTO TOTAL	0.49

N.B. Mallaring 2 bandejado.
Ding bawang at sibuyas Bombay
tinalip la.

Sibucan neng

Sept. 3, 1936

Walang Salensoy

ANGELES, PAMPANGA

RECIPE No. 102

BABING LUTUNG TAHURI

Pamidalan-dalan	Pañgasangcap	Alagá queti
1.	Pañgilian yang 1 pulgada cuadrada ing 1/2 kilong babi.	₱0.25
2.	Pulpucan ing 3 cabutilan a bawang at anting cucúng tindaragul gamat a laya peñgiling mapinu.	0.01
3.	Alipisan yang maimpis ing 1/2 sibuyas Bombay tinalip	0.01
4.	Lasawan qñg ditac a danum ing catalab a tahuri maputi	0.02
5.	I-guisa no ñgeni ding bawang, sibuyas at laya at idicdic qñg bulung ning sanduc;	
6.	Qñg 1 a cucharang tabang mapali	0.02
7.	Caibat yabe ne ing tahuri;	
8.	Ibulug ne ing babi; tugtuganan 1 cucharang ginebra	
9.	Sangcapan yang 2 cucharang aslam sasá	0.01
10.	Pisangle-sangle ya pa mu ing babi ma 2 minutu;	
11.	Cabud mical ya, tugtuganan yang 3-1/2 tasang danum a bubucal;	
12.	Sucluban ya at pabustan mucal 10 minutu anggang e lambut;	
13.	Iquid ne.	
	GASTO TOTAL	0.32

N.B. Mallaring 2 bandejado.

Sibucan neng

Sept. 1, 1936

Mariano Alenson

ANGELES, PAMPANGA

RECIPE No. 103

GOTO

Pamidalan-dalan	Pañgasangcap	Alagá queti
1.	Linisan ya qñg ápi at cayuran qñg campit ing 1/2 kilong labut a macapal ampon libro.	₱0.25
2.	Ibangli yang ma 5 minutu at yugse ing danum a pibanglian;	
3.	Pukpucan ing 1 a buntuc a bawang at tadtaran ing 1/2 sibuyas . .	0.02
4.	Pañgilian mapinu ing 3 ca-pun a sang	0.01
5.	Caibat nang mibangli ning carne pañgilian 1/2 pulgada cuadrada;	
6.	Caibat, isiang pasibayu at pabucalan qñg 4-1/4 tasang danum a bubucal quilub ning 9 horas at sucluban;	
7.	Calabas na niting panaum mipaling 1 a cucharang taba	0.02
8.	I-guisa na ing bawang anggang e lare, tuqui ing sibuyas anggang e lanta; bawang at sibuyas tinalip la.	
9.	Sangcapan 2 cucharang patis Kasikatan	0.04
10.	Buluganan 1/4 tasang abias maputi at paquisangle ma 3 minutu . .	0.01
11.	Isaca na ñgeni ing labut-libro at patictican at paquisangle ma 3 minutu mu naman;	
12.	Itugtug ing danum a pilagan caniti a ibat qñg No. 6; at sucluban;	
13.	Ilutu pang ma 10 minutu;	
14.	Ustung malanasi na ing abias e yu pabustan mañganac o magalsa, iquid na canita;	
15.	At tambing ibubud ing sang a megawa qñg No.4 at igogo mayap.	
	GASTO TOTAL	0.35

N.B. Mallaring 2 bandejado.

Sibucan neng

Sept. 5, 1936

Matilang Alerson

ANGELES, PAMPANGA

RECIPE No. 104

AROBUNG EMA

Pamidalan-dalan	Pañgasangcap	Alagá queti
1.	Luglugan lang mayap, pamututan lang tidua at pulpucan a sipit ding 4 a emang mataba casantiñgan a dagul.	₱0.30
2.	Tadtaran ya ing l a buntuc bawang tinalip	0.01
3.	Pulpucan ya ing anting cucúng taliring laya at ilaco balát;	
4.	Durugan la qñg almirez ding 10 pamintang mabilug;	0.01
5.	Mipaling 2 cucharang taba qñg sarten	0.04
6.	I-guisá ne ing bawang anggang e lare baguia, tuqui ing laya at idicdic ya qñg bulung ning sanduc;	
7.	Ibulug no ring ema at pisangle-sangle caniti ma 3 minutu anggang e la lumutung baguia;	
8.	Tugtuganan lang 1/4 tasang aslam sasá	0.01
9.	Ibubud ing pamintang matuling a dinurug ibat qñg No. 4;	
10.	Danuman lang bubucal 1-1/4 tasa;	
11.	Sangcapan 1 a cucharitang calus asin;	
12.	Igogo mayap at pibiling-biling lang malagad-lagad;	
13.	Sucluban la,t pabucalan 15 minutu;	
14.	Cabud lingcas no lasa qñg salsa at iti merayuput na, iquid na la, at isaca ing laya.	
	GASTO TOTAL	0.37

N.B. Mallaring 2 bandejado.

Sibucan neng

Sept. 2, 1936

Liliang Florencio

ANGELES, PAMPANGA

RECIPE No. 105

BAÑGUS LUTUNG TOYU

Pamidalan-dalan	Pañgasangcap	Alagá queti
1.	Calisquisan ya ing 1 a bañgus a maragul, sagsagan ya gulut at ilaco duying maragul.	₱0.18
2.	Itama ya qñg 1 a cucharang toyu Amoy ampon sabó 3 calamunding .	0.02
3.	Calabas ning 1/2 horas patictican ya qñg toyu-calamunding;	
4.	Cabang macatama ya caniti pulpucan ing 3 cabutilan a bawang at alipisan maimpis ing 1/2 sibuyas Bombay tinalip	0.01
5.	Mipaling 3 cucharang taba qñg sarten at italbug yang banayad ing bañgus a metictic at i-piritung magadtu saguli mu	0.06
6.	Isaca ya pa mu ing bañgus ñgeni;	
7.	Mipaling 1 a cucharang taba na naman qñg cabud sarten a pititian	0.02
8.	I-guisa na ñgening pituquian ing bawang at sibuyas anggang e lantá;	
9.	Itugtug ñgening banayad ing sabó toyu-calamunding a maguing salsa;	
10.	Isalisi yang ibulug pasibayu ing bañgus at pibiling-biling;	
11.	Ustung mical na misan ing salsa iquid ne at yapag.	
	GASTO TOTAL	0.29

N.B. Mallaring 1 a bandejado

Bayu ya saliwan ing bañgus lawan ya pa' ásang nung malutu ya at masias a catawan pijung e bilasa; bawan ya pa mung miamasamas, nung e babaung burac pijung e maglasang ma-umuc, a pauli ding palaisdan a marinat.

Sibucan neng

Sept. 3, 1936

Mariano Alenson

ANGELES, PAMPANGA

RECIPE No. 106

ENSALADANG BURUNG EBUN AT CAMATIS

Pamidalan-dalan	Pañgasangcap	Alagá queti
1.	Luglugan lang mayap at talipan at pañgilian malati ding 4 a ebun a buru.	₱0.14
2.	Luglugan lang mayap, ilaco tampuc at pañgilian malati ding 6 a camatis a malulut a casantiñgan a dagul	0.04
3.	Luglugan lang mayap, pututan a yamut at pañgilian mapinu ding 8 capun a lichugas; nung alang masali, culitis ing gamitan . . .	0.02
4.	Pisamut-samutan iti ñgan a tugtuganan.1 cucharang aceite de castilla.	
	GASTO TOTAL	0.20

N.B. Mallaring 1 a bandejado

Sibucan neng

Sept. 2, 1936

Liliang Florencio

ANGELES, PAMPANGA

RECIPE No. 107

SANDWICH SPREAD (NEPA)

para qñg teracan ning "ITAÑGAN" Sept. 25, 1936.

Pamidalan-dalan	Pañgasangcap	Alagá queti
1.	Simen la balát, luglugan mayap at patictican qñg metung a colander ding 1 a litrong taugué ditac tubu.	₱0.04
2.	Luglugan la, ilaco la tampuc at tadtaran ding 5 camatis casindagul salaping-metung.	0.05
3.	Pulpucan ing 4 a cabutilan a bawang; at talipan	
4.	Bañgalan la ring 2 ebun a buru a malutu balát, lacuas mayap nung qñg duruñgutan ning magtinda ba'lang misubli ding maroc a bau at sirá.	0.07
5.	Cayuran ing ebun qñg cuchara, pañgilian mapinu at dunutan;	
6.	Misadiang 2 cucharitang calus pimenton McCormick	0.01
7.	Mipaling 1 a cucharang tabá qñg metung a sarten	0.01
8.	I-guisa ing bawang anggang e lare, tuqui ding camatis anggang e la lanta, tuqui ing pimenton ampon ding ebun a buru at idicdic ñgang dunutan iti qñg bulung ning sanduc;	
9.	Ibulug no ring taugué at pisangle-sangle anggang e la lucluc at lungcas a sabó;	
10.	Danuman ñgening bubucal 1/2 tasa at sucluban 5 minutu anggang e la lambut ding taugué at deti idicdic la naman qñg sanduc;	
11.	Ustung memala na ing sabó iquid na at icalat ipalaman qñg cuchara caring 21 a capitacup a búsal ning tinape americano at deting 21 a capitacup peñgili lang tela triángulo	0.15
12.	At ibalut caring 11 a servilletas de papel japonés a pemitna.	
	GASTO TOTAL	0.33

N.B. Mallaring 2 bandejado a maqui 21 a sandwich. Séria cung e singcapan asin, pablasang e la para-pareju cálat ding ebun a buru. Sinobrang 162 gramos ing palaman.

Ing pañgabalac da palaman ding 300 sandwiches a magamit queng 25 ya iting Septiembre mayaquit qñg aliwang biluñgan a catuglung na niti.

Sibucan neng

Sept. 12, 1936

Matiana Alerson

ANGELES, PAMPANGA

RECIPE No. 108

SINANTAN ICE CREAM
(served at the "Itañgan" Night)
Sept. 25, 1936

Pamidalan-dalan	Pañgasangcap	Alagá queti

1. Ilaco la bunut, bañgalan, icalilua sabo, ampon adiarán qñg aparatong tutulug a gawa queti ding 25 uñgut, 4 a horas ing lambat ₱1.25

2. Danuman 5-1/2 galones ing uñgut a quidcud, yamas mayap, paslan at salacan palto pigá at yabe paquisalac ing sabó ding uñgut a maqui tacal 2 galones, eata, ing sabo cabilugan a lunto 7-1/2 galones;

3. Samantalang cucudcuran la ring uñgut, talipan la at pañgilian cuadra-cuadrado tanting 1/2 pulgada at ibabad la qñg dacal a danum deting anggang tuqui-tuqui:

42 camuting Bintug o diló laman, ...	0.10
20 camuting color ubi laman	0.10
25 camuting color malutu laman	0.10
8 gandus a gaindú at maputi laman	0.10
70 saguin a sabáng malulut	0.30
ampon ing lamanming 1/2 yangca	0.45

4. Guiliñgan ing 1 a pating abias lacatan mibabad cabucas, ing aparatong megamit japonés ya mesali ya cang L.R.Aguinaldo, uling malagua ya at tambing nang malañgi ing tapúng a papalual na 0.40
Ing pamañgiling melambat 2-1/2 horas;

5. Ing tapúng a lunto, bilugan caring atlung taliri tanting garbanzos pañgaragul at ibili la qñg cachang maragul a malinis a macasapin qñg metung a igu;

6. Mitagan 1 tasang malimit qñg tapúng a lulual at lasawan mayap qñg 1/2 galon a pigang cuanan qñg No.2 at icalilua pa mu iti;

7. Isiang ñgeni ing 7 galones a pigá caring 2 calderong mañgaragul, e dapat gumamit cawa canita e manuling qñg adtá ning tannic acid, at pabucalan at e patugut gogogo caring sanduc;

8. Cabud merayuput baguia ing piga ibulug no ring camuti, gandus, saguin at yangca qñg No.3 ampon ding bola-bolang tapúng qñg No. 5;
. . . . . 0.12

9. ampon ing 1 a litrong sacobi. . . . . .

10. Cabud gumato nong dacal babo ding bola-bola yabe na ing tapúng a linaso qñg No.6 ban dayuput na;

11. Mayumuan nang "centrifugadong" maputi 3-1/2 pati, a maqui timbang 2.085 kilos balang pati at e patugut gogogo ban e langnis . . 0.98

Mariano Henson

ANGELES, PAMPANGA

RECIPE No. 109

JAMON A LIGA

Pamidalan-dalan	Pañgasangcap	Alagá queti
1.	Ilaco ya bálut ing jamon de funda australiano marca "Mano" at ibabad yang atlung horas qñg danum a marimla.	₱8.20
2.	Udiuran qñg cepillo ing dinat na o palid at ilipat ya qñg cawa at ipalbug qñg danum a marimla at pabucalan ;	
3.	Caibat na niti, yugse ing danum a pipabucalan at ipalbug yang pasibayu qñg danum a marimla at pabucalan pasibayu; qñg jamon de China o Hoksieu macatatlu daptan iting pamanaliling danum at pamipabucal pablasang malat ya;	
4.	Caibat nang mical mecatadua ning de funda o mecatatlu ning Hoksieu, banayaran ing tañgab at é pabustan mababawas ing danum na ning cawa;	
5.	Tugtuganan 1 a tasang taba ing danum, ing cabaldugan na niti, ban queta é agad súlac ing danum at ing pali maglaganap	0.20
6.	Sangcapan yang 1 a cucharang salipo azúcar malaré, macaibie masanting a color qñg jamon.	0.01
7.	Tugtuganan 1 a tasang vino blanco, alimbawa, ing Valdepeñas, mura, o caya nung alang tutu, ginebra, o vino de arroz, o cerveza;	0.20
8.	Sangcapan 2 buntuc a bawang a pilpuc at tinalip	0.01
9.	Ampon 1 a cucharitang calus clavos a mugmug, 1 a cucharitang calús tomillo mugmug, 1 a cucharitang calus pamintang mabilug, 1 a cucharitang calus orégano at 3 bulung laurel	0.03
10.	Ampon 1 a tasang aslam atbung mabagsic at laun, Ilocano	0.01
11.	Iting panaun pamaglutu manibat qñg No.4 ma 3 horas qñg jamon de funda at 1-1/2 horas qñg de china, pablasang e la micacametung a timbang;	
12.	Catataulian, ustung memala neng dacal ing cawa at bayu ya mipañganib langnis ing jamon isaca ne at bacbacan a balát at buburanan 2 bizcocho de caña a dinurug mapinu at tampalanan ya ing jamon qñg siansing mapali, ba'lang mipaldan ding mata ding mapanatú.	
13.	Parimlan ya pa mu ing jamon bayu ya alipisan. Panagaulan yang piña de lata.	
	GASTO TOTAL	8.66

N.B. Nung bisang mamiragling "jamon en dulce" buburanan mayumu ing peñgiling jamon at ipiritu qñg tabang mapali.
Ing balat jamon eyu yugsé ibilad at isicap mallaring ifritu o caya yabe peñgiling malati qng tidtad, Jawan Recipe No. 130.

Sibucan neng

Oct. 2, 1936

Matilang Atienson

ANGELES, PAMPANGA

RECIPE No. 110

JAMON A IN-HORNU

1. Ilaco ya bálut o suput ing jamon;

2. Udiuran qñg cepillo ing dinat na o palid cabang macababad ya qñg danum a marimla, at alilan ing danum ustung dinat;

3. Ibabad neng 2 horas qñg danum a marimla ita sang lumbug ya;

4. Lumaso 4 a tasang gaw-gaw qñg danum a marimla at yamas mayap, gawan masa antimong pañgawang tinape at balutanan yang macapal caniti ing jamon calabas ning panaun a mesabi babo;

5. Ipalub ya qñg horno a casantiñgan a pali at pabustan yang 3 horas nung de funda ya, o 1-1/2 horas nung de China ya ing jamon;

6. Calabas na niti, iquid ya at parimlan 1/2 horas;

7. Baclasan ing gaw-gaw a mesias, caibat ing balát ning jamon at isicap ya iti pámulug caring liga; o yabe qng tidtad, Recipe No. 130

8. Buburanan ya macapatulug ing jamon 2 bizcocho de cañang dinurug mapinu, 1/3 cucharitang mugmug canela ampon 1/3 cucharitang mugmug clavos.

9. Tampalanan yang siansing mapali ñgeni ing jamon, ba'lang mipaldan ding matang mapagumasid at mapamita;

10. Alipisan neng maimpis at panagaulan ing labi ning bandejado caring patatas fritas a penatbing maimpis ampon puntang espárragos.

N.B. Qñg lugal ning gaw-gaw lacuas yang masanting gamitan ing harinang e misasambulat ustung sacmalan mu.

PAMANUSISA CU QÑG TIMBANG NING MIAYALIWANG DAQUE-DAQUE DING JAMON AUSTRALIANO AMPON HOKSIEW AMPON ING ALAGA RA.

Daque-daque babayaran	Timbang gramos Hoksiew		Timbang gramos Australiano	
Tali	23		6	
Bálut, imalan o papel	141		244	
Balát	258		420	
Butul	445		428	
Laman at taba	1,500		3,349	
Pirait timbañgan	133	Apá	1,251	
Total timbang	2,500		5,698	o caya 12.535 libras,
Beyaran cung basura	₱ 1.24		₱ 4.04	ecu balu obat maca-
Beyaran cung laman	1.88		4.16	tatac ing 10-1/2 lbs.
Total beyaran cu.	₱ 3.12		₱ 8.20	mesali Aug. 15, 1936
Alagá por kilo lulual	1.24		1.72	

N.B. Nung e mu sa talacasira ing jamon NEPA Roxas yang mayap saliwan, o caya ing caring Cold Stores uling alang balut, ya nang bala ing sangcap qñg cocina.

Mariano Alenson

ANGELES, PAMPANGA

RECIPE No. 111

POSPAS A MANUC
(a é guisa)

Pamidalan-dalan	Pañgasangcap	Alagá queti

1. Parayan ya, putputan a bulbul at linisan ing metung a sising manuc o tandang a maqui edad 5 bulan. . . . . ₱0.25

2. Buburanan ditac a asin ing daya at icalilua pa mu;

3. Misiang metung a cacerola a maqui 8 tasang danum at palbug ya queti ing sisi at tamban quilub ning 3 horas;

4. Luglugan lang mayap, e la lalaco balát at panatbian ding 2 patatas a maragul tia 16 capirasu, at ibulug lang agad qñg cacerola. 0.03

5. Sangcapan 1/2 cucharitang pamintang mabilug 0.01

6. Talipan ya ing 1 a sibuyas at ibulug yang mabilug 0.02

7. Uniaban ing 1/4 tasang abias a maputi at ibulug mu naman 0.01

8. Asinan 1 a cucharang calus;

9. Sucluban at igogo banayad balang 15 minutu ban e maduluc;

10. Caibat nang mical 2 horas banayaran ing tañgab o caya ilipat qñg tauling busbus ning fogon; e sana mañganac ing abias;

11. Ibulug ne ñgeni ing daya qñg No. 2 ban queta sipsipan na ing tabang gumato ning manuc;

12. Ing tiltilan a magamit 5 cucharang patis Navotas a pusitanan . . . 0.05

13. qñg sabo ding 2 calamunding 0.01

14. Nung buri meng agad mibawi ing salunan a paimawi sangcapan qñg gatas a marca "Oso" a quilugan pa mu, 1 a latang malati de 5-1/2 oz. ing pospas cabud yapag 0.19

GASTO TOTAL 0.57

N.B. Mallaring 8 pinggan a malucung.
Iting recipe ya ing peñgan ding ánac cung Walfrido at Ermelo paimawi napun.

Sibucan neng

Nov. 5, 1936

Liliang Alenson

ANGELES, PAMPANGA

RECIPE No. 112

FISH AU BEURRE

Pamidalan-dalan — Pañgasangcap — Alagá queti

1. Tugtugan yang danum a bubucal ing metung a bañgus a maragul. . . . ₱0.25

2. Calisquidan ya, at bacbacan a balát, at laplapan a laman qñg cuchillóng mataram macatulungcabá, gawan 8 capirasu;

3. Luglugan ing laman at palañgian tampian qñg metung a basán a maputing malinis, antimo ing cachá;

4. Mipaling mantequilla Golden State at cuscusan ya quilub caniti ing metung a bandejadong cristal PYREX a casantiñgan a dagul at maqui tacap;

5. Milulan qñg metung a tasa caniting sangcap; at pisamutan igogo;
   1 cucharang mantequilla G.S. miguising. 0.02
   1 cucharitang parsley C & B, calús 0.04
   1 cucharitang calús asin,
   2 cucharang sabo dalayap. 0.01

6. Itama ya caniting 15 minutu ing asan ulit-ulit;

7. Durugan la ring 3 bizcocho de caña anggang e la mapinu 0.03

8. Buburan ya caniti at itama misusumañgid ing asan;

9. Y-hornu yang macalulan qñg bandejadong PYREX ing asan ma 35 minutu anggang e lare masanting; 250 Fahrenheit ing pali;

10. Samantalang maca-hornu ya ing asan guiling 8 capirasung dalayap a masabó ampon mibangling 3 larang castilang malulut at ilaco la butul deti at pañgilian lang mapinu tulungcabá 0.02

11. Calabas ning panaun a mesabi babo, iquid ne ing asan at panagaulan ya qñg lara at ding dalayap ilele la qñg bandejadong loza a nung nu' ya ilicas ing asan.

12. Yapag ne.

GASTO TOTAL 0.37

N.B. Mallaring 1 a bandejado.
Lacuas yang manayun a lasa mecad nung megamit ya ing apap o lapu-lapu.
Ing asin digdag cu ña mu.
Iting Recipe meañgu ya qñg PARENTS' MAGAZINE, Sept. 1936, page 50

Sibucan neng

Nov. 14, 1936

[illegible]

ANGELES, PAMPANGA

RECIPE No. 113

TUGAC A BETUTE

Pamidalan-dalan	Pañgasangcap	Alagá queti
1.	Ilaco la balát ding 50 tugac a mañgaragul ampon ing bituca ra. . .	₱0.25
2.	Luglugan lang mayap qñg danum a inasinan ban milaco ing lanam da .	0.01
3,	Guiliñgan iting tuqui-tuqui:	
	1/2 kilong laman babing maqui lagat. . . . . ampon ma 10 caring mañgalati ra ding tugac; leco butul	0.25
4.	Tadtaran mapinu ding 2 buntuc bawong ampon 2 sibuyas tinalip Bombay. . .	0.06
5.	Antimu rin ing 2 ca-pun a sang.	0.01
6.	Yamas ñgan iti at piabeabayan ing masasalese manibat qñg No. 3 anggang No. 5 at asinan 1 a cucharitang salipó	0.01
7.	Iti ya ing gawan palaman caring tugac at pacabsian lang mayap;	
8.	Caibat itama la caring sabo ring 6 a dalayap o calamunding ma 2 horas.	0.02
9.	Ipascad lang ma 15 minutu qñg metung a sarten o cawali;	
10.	Caniti lungcas la sabó at iquid lang cayabe na niti nung buri lang isicap qñg lulanan a malinis, at e la masira quilub ning 2 aldo;	
11.	Ñgeni na man, nung buri nong ilutu ipascad lang pasibayu qñg salsa rang lingcas at iquid la pa mu;	
12.	Misiang metung a sarten o cawali at mipaling 6 a cucharang tabá. .	0.06
13.	At caniti la ipiritu ding tugac a betute at palutuñgan baguia.	
	GASTO TOTAL	0.67

N.B. Mallaring 3 bandejado

Sibucan neng

Nov. 16, 1936

Liliang Clenson

ANGELES, PAMPANGA

RECIPE No. 114

SUAM MAIZ - Thick stewed soup of corn

10 regular-size tender yellow corn
1 level tablespoon imported butter (not margarine)
3 large cloves garlic, peeled
4 cups boiling water
1 heaping teaspoon salt
1 level teaspoon refined sugar
3 tablespoon evaporated milk
20 chili leaves without fruit.

Grate corn. Brown garlic in butter in low flame. Add corn, stirring three minutes. Pour over boiling water and stir for another 10 minutes. Add salt, sugar and milk with stirring in between. Lastly, drop chili leaves. Serve at once. Good for six servings.

Tested

December 20, 1959

Published in

Sunday Times Magazine

January 3, 1960

Vol. XV No. 21 p. 44

Filipiana Collection

ANGELES, PAMPANGA

RECIPE No. 115

PEPITORIANG MANUC-
Chicken fricassee

1 regular-size year-old native chicken
1 chicken liver mashed
4 cups boiling water for stock
2 tablespoon pork lard
1 Bermuda onion, minced, peeled
3 sprigs parsley, minched
1 heaping teaspoon salt
1/8 teaspoon black pepper powder
1 teaspoon American lemon (not calamansi) juice
Yolk of 2 eggs beaten
1 heaping tablespoon cornstarch dissolved in little cold water
4 large cloves garlic, mashed, peeled

Clean, singe, wash sparingly and cut up chicken. Place it in pot and nearly cover with boiling water. Cover pot and simmer gently one hour with occasional stirring. Remove from fire. Skim out chicken and reserve stock.

Melt lard in low fire and saute garlic lightly. Add chicken and baste five minutes. Pour over stock with lemon. Season with parsley, salt and pepper. Cover and simmer until tender (about 2 to 3 hours). Add liver, yolk and cornstarch stirring until slightly thickened. Serve at once in two platters.

Tested

December 20, 1959

Published in

Sunday Times Magazine

January 3, 1960

Vol. XV No. 21 p. 44

Mrs. Lang Robenson

ANGELES, PAMPANGA

RECIPE No. 116

LAGAT UTAC
Choice stew of brains

1/2 kilo ox brains (1-¼ cup net)
1 teaspoon salt dissolved in
1 cup water
1 teaspoon American lemon (not calamansi) juice
1 egg beaten with
1 teaspoon evaporated milk and
1 teaspoon flour
1/2 biscuit (bizcocho de caña), crumbs
1 clove garlic, minced, peeled
1/4 Bermuda onion, minced, peeled
1 sprig parsley, minced
1/4 cup pork lard
Dash of cinnamon powder

Clean brains of membranes and blood. Rinse in cold water. Boil five minutes in salt water. Drain and marinate 30 minutes in lemon juice, garlic, onion, parsley, dressing. Roll in biscuit moistened with egg and milk, then in biscuit again. Let stand a few moments to dry. Fry in hot lard at 300 degrees.F. and baste constantly until golden brown. Drain and dust with cinnamon. Good for two platters.

Tested

December 20, 1959

Published in

Sunday Times Magazine

January 3, 1960

Vol. XV No. 21 p. 44

Mariano Henson

ANGELES, PAMPANGA

RECIPE No. 117

QUILAW CAMBING
Relish of goat cocktail

1 kilo Goat's meat
40 heads red native onions, peeled and minced
10 red native chili labuyo, crushed
Juice of 3 American lemons
1 tablespoon "Tanduay" dry gin
1 teaspoon "Lea & Perrins" worcestershire sauce
1 level teaspoon French mustard
1 heaping tablespoon salt

Select a castrated native goat eight months to one year old. No food but water should be given 24 hours before slaughtering. Brush dirt out of hair. After slaughtering, hang goat from hind legs. Skin from legs down to neck, trying not to cut or tear thin membrane under hide. Avoid rubbing goat's hair against flesh.

Rinse incisions from top to bottom every time first with water and lastly with strong vinegar. To skip cartilages, the flesh should be gently scraped with a keen curved-edge (cabasi) native knife.

To the raw meat pour over gin, worcestershire, lemon, mustard, chili and salt, and lastly the onions, in alternate thorough kneading. Marinate two hours in dressing. Serve in two platters as cocktail in between sips of high-balls or Courvoisier cognac.

The surplus meat of the goat can be made into delicious Caldereta.

The skinned head can be cooked into soup flavored with Alibangbang (Bauhinia malabarica Roxb. - Balibamban in Pampango) leaves and tomatoes. See Recipe No. 124 for Caldereta.

Tested

December 22, 1959

Published in
Sunday Times Magazine
January 3, 1960
Vol. XV No. 21 p. 45

Maiang Atienson

ANGELES, PAMPANGA

RECIPE No. 118

ATSARANG CAPAMPAÑGAN
Pampango sweet-sour mixed pickles

10 green native papayas 6 inches long, pared, seeded, grated
1 level tablespoon salt
4 heads garlic, finely sliced, peeled
10 heads red native onion, finely sliced, peeled
3 cups year-old clear cane vinegar
3 finger-size carrots, grated
3 cloves (clavos de especia)
1 finger-size ginger, crushed, peeled
10 red-ripe sweet pimientos small size, seeded and finely sliced
20 limoncitos (Triphasia trifolia (Burm) P. Wils.), seeded
1 kilo refined sugar

Mix salt and papayas. Wrap in cheesecloth and squeeze out sap. Sun dry papayas. Boil vinegar with ginger two minutes. Skim out and discard ginger. Pour it over little by little sugar, garlic, onions, carrots, cloves, pimientos, limoncitos and papayas. Boil one minute further. Keep in dry clean covered bottle when not served. Good for a table serving of six.

N.B. If there are no limoncitos add 1 tablespoon of Sun Maid Raisins.

Tested

December 23, 1959

Published in

Sunday Times Magazine

January 3, 1960

Vol. XV No. 21 p. 45

Atiang Olenson

ANGELES, PAMPANGA

RECIPE No. 119

DUAYAN LINAMNAM
Appetizing delicatessen

1-½ cups granulated sugar
½ cup cold water
8 native eggs, of which remove 4 egg whites
12 native "cereza" (Muntingia Calabura L.) fruits, seeded
½ teaspoon vanilla extract
2 tablespoon imported butter (not margarine)
2 tablespoon Edam cheese, grated
1 tall tin evaporated milk Alpine
½ cup creamy carabao milk
5 small "mamon" muffins, mashed
½ cup "macapuno" coconut meat, scraped with the native "sacabocados"
½ cup "casoy" nuts, roasted but not browned, chopped &
Cinnamon powder

Dissolve sugar in water. Beat eggs. Add cereza, vanilla, butter and cheese, little by little, with constant stirring. Likewise the milk and muffins and lastly macapuno and casoy. Blend all mixtures thoroughly. Bake in greased loaf pan or native "llenera" in moderate oven at 250 degrees F. about one hour until brown. Empty out when cold and dust lightly with cinnamon powder.

Good for one platter

Tested

December 24, 1959

Published in

Sunday Times Magazine

January 3, 1960

Vol. XV No. 21 p. 45

Mariang Atherson

ANGELES, PAMPANGA

RECIPE No. 120

LUTUNG IGAT O PALÚS

63 la ding igat a peparala na quecami ning bayó Padre Florencio Tumang, párroco Santa Cruz, Lubao, Pampanga, 16 Julio 1938.

Pisamut-samutan iting sangcap:
10 buntuc sibuyas tamu, tinalip at tidtad
2 buntuc bawang tinalip at tidtad
1/2 taza (cup) aslám atbú
1/3 taza Ginebra San Miguel
2 cucharang salipó asín
1 cucharitang paminta dildac

Patén lang buburanan 2 casacmal a asin (macapasubali qñg asin a pañangcap qñg recipe babo). Camate ra icusút la qng 2 casacmal a abú, pututan la buntuc, paslán la catawan qng metung a gamat at qñg metung aplusán ing abú ba lang milaco caning mapecat.

Ilaco la bituca layun pamututan tiduang pulgada. Itama la qñg sangcap babo. Isicap lang macanian qñg refrigerator o freezer at bibiling la qñg cuchara misan patiñgapun at caniti e la masira aguiang pabulan pa.

Ustung bisang milutu, muna lang ifritu ding iqui at canan la samantalang mapali la.

Miayaliwa la paglasa ding tau; ating maqui buríng sangcapan lang áñge (Curcuma longa) antimo ding palús; iguisá la qñg olive oil (aceite de Castilla); iderang (barbecue) la; arobu o fritu. Dapot uling maduyí la, acu buri cong fritu at canan cu la samantalang mapali la. Ding palús buri cong lagat a maqui áñge. Ding talunasan buri cong daing at frito.

Apág: Deting igat para 6 a catau

17 Julio 1968

N.B. Ing Prof. Agustín F. Umali ning National Museum, Menila, ya ing sasalese caniti: Ing talunasan ila ning palús a ditac a duyí at mañaman pareju lang milaguiwan Anguilla marmorata. Ing igat Synbranchus bengalensis ya.

Queng Tagalug alang laguiung talunasan at ding igat at palús queng Capampañgan, aliwa laguiu ing yaus da queng Tagalug.

[signature]

ANGELES, PAMPANGA

RECIPE No. 121

SEE PO

90 paro casantiñgan a dagul, liga, tinalip, leco buntuc at peñgili
1 taza (cup) butul chicharong maragul ibat Baguio
1/2 taza zanahoria (carrot) liga at peñgiling cuadradu
1 cucharang salipó jamún Hoksio lutu at peñgiling cuadradu
10 ebun pugu ligang masias at tinalip
3 cabutilan a sibuyas tamu, tinalip at peñgili
3 cabutilan a bawang pilpuc at tinalip
Ditac a pamintang pulvus o dinurug
Alang asin uling malat ne ing jamun
1/2 tazang danum
2 cucharang tabá

Iguisa ing bawang qng tabá anggang e lare, isalisi iñg sibuyas at pabiling-biling 1 minutu.

Buburanan paminta, Bawasan ing tangáb.

Ibulug la ring paro at jamún at pisangle-sangle 2 minutu.

Ibulug ing carrot. Danuman at pabucalán 6 minutu.

Catataulian ibulug la ring chicharu ampon ebun pugu.

Igogo macatapat at iquid na.

Apág: 2 bandejadu

5 Agosto 1968

Mariano Henson

ANGELES, PAMPANGA

RECIPE No. 122

SOPA DE NIDO
(Ching Cheng Yen Tsai)

2 balut (1 taza) 100 gramos edible swallow's nest (sale sibad) Hongkong
2 cucharang jamún Hoksio lutu, peñgili o tidtád
3 cucharang tabáng malutu (aligui), lutu at dinunut, ning emang babai
6 tazang (cups) sabo manuc a liga
2 cucharitang larung liñgá (sesame oil)
1/2 cucharitang asin
1/2 cucharitang pamintang dildác
3 cabutilan a bawang, pilpuc at tinalip
3 cabutilan a sibuyas tamu, tinalip at peñgilí

Tugtugan yang danum a bubucal ing sale sibad at panayan yang lambut 1 a horas. Ing 1 a taza babo magalsá yang 2-1/2 taza,

Iguisá ing bawang, ustung lare isalisi ing sibuyas, igogo 1 minutu,

Pisicanán paminta. Itugtug ing larung liñgá,

Asinán. Isalisi ing jamún. Igogo 1 minutu,

Ibulug ing sale sibad. Igogo 3 minutu. Bawasan ing tañgab,

Itugtug ing sabó manuc. Pabucalán 8 minutu.

Ibulug ing tabang ema, igogo macatatlu at iqúid.

Apág: 7-1/2 taza

5 Agosto 1968

N.B. Nung alang sale sibad macasuput mallari yang saliwan ing milmalan antimong bola. Careti miayaliwa ing alagá nayun qng clase, ating maputí, ating malaré. Ibabad mu namang danum a bubucal, panayan lambut, bagbagán a pañgalangcul, pamututan, bayu ilutu.

Mariano Henson

ANGELES, PAMPANGA

RECIPE No. 123

BURUNG BAÑGUS
(mañaman quesa queng burung itu)

5 bañgus casantiñgan a dagul
1-1/2 litrong abias a tinún malpá
1 a cucharang calús angkák a dildac mafinu isamut qng abias a tinun babo
3 cucharang salipó asin

Calisquisán la, ilaco la bituca, asang, iqui, palicpic, ding bañgus mañga sagsagan la,t isilad.

Tapalanan la miñgatbáng lupa qng nasing malpá,pitacupán la at ilulan qng bandejadong malalam, tacpán lang bulung saguin at pabustán lang macatamang macanian ma 3 aldo.

Careng tau ating maqui gamat o pawas a macasira caring tatalanán dang buburuán, dadaiñgán o pipindañgán, aguiang mañabun la pa o manwas gamat qng alcohol. Acu asubucan cu iti at maniwala cu. Ulina niti, panicuanan ing cuchara o tenedor la ring gamitan.

Caibat ning patiñgapun, sumlám no ring buru. Itimid la qng tenedor at yugsé la sabó.

Capat a yaldo mallari nong ilutu, iguisang bawang at sibuyas qng pigáng uñgut a dinunutan cabutilan a layang pilpúc. Mañaman iti quesa qng guisang tabá.

Ing burung e magamit ilulan qng refrigerator at queti lambát cabang marimla ya.

Apág: 1 a bandejadu balang capitnang bañgús

8 Agosto 1968

N.B. Ing angkák cule malutu masasalí qng Hoc Sing Heng Grocery, 613 M. de Santos lele Divisoria market Manila. ₱2.50 ing 1/2 kilo canitang Junio 1967

Liliang Gonzales

ANGELES, PAMPANGA

RECIPE No. 124

CALDERETANG CAMBING

1 kilong lamán cambíng piglatíng 1 pulgada cuadrada
4 a patatas a tinalip at penatbíng cuadradu, 400 gramos
4 a camatis a malulut, 150 gramos
1 a larang suclati (mayumu) de lata, 2 cuchara
4 a cucharang guisantes de lata
2 ebun a liga penatbí
15 aceitunas (olive), verdi
1/4 tazang (cup) tabá
3 cucharang aceite de olivo (Castilla)
1 buntuc bawang pilpuc at tinalip, 1 cucharita salipó
1 buntuc sibuyas tamu tinalip at peñgili, 4 a cuchara
1 cucharita salipó pamintang dildac
1 cucharita salipó pimentón a tune (paprika)
1 cucharang calús asin
2 tazang (cup) danum

Bayu ya paten ing cambing basan ya pamu ing Recipe No. 117 cung QUILAW CAMBING.

Ifritu ya pamu ing cambing ma 5 minutu qng tabá. Nung matabá ya lungcas ing tába nang mica tacal 1 taza. Iquid ing carne at icalilua ing tabá.

Iguisá ñgeni ing bawang qñg aceite de olivo, cabud lare isalisi ing sibuyas. Igogo paroti.

Ibulug ñgeni ing paminta, pimentón, asin, patatas at igogo.

Isalising ibulug ing carning fritu, danumán at suclubán.

Bawasan ing tañgáb at palambutan pang ma 40 minutu. Nung e pa malambut danuman yang pasibayu calupa tacal o 2 taza at sublucan.

Cabud melambut ne ing cambíng, ibulug no ring larang suclati at camatis.

Ustung iyapág carin la ibulug ding guisantes at ebun antimong panagaulá. Canán mapali.

12 Agosto 1968

Apág: 3 bandejadu

[illegible]

ANGELES, PAMPANGA

RECIPE No. 125

BINULUNG MANUC

1/2 manuc a dumalaga malinis na at peñgilíng 1 pulgada, 350 gramos
Captás (12 tangqué) a pacú, cabud mu bulung ing gamitan
1 a pusu saguin hamuco guinauc (e pa linsút)
2 camatis casantiñgan a dagul, penatbí
2 cucharang salipó bagúc
Capurit a layang pilpuc
Capurit a pamintang dildác
2-1/2 tazang (cup) danum

2 cabiás (tuquil) a bulu, saguiwang verde at maragul. Gawan aduang tuquil a macabuclat babo. Masasalí arap pisamban Pórac

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Micutcut carañgan lalam queng gabun, pacabayung bacal a tela H macaba, sandalan ding tuquil. Itali lang alambreng maragul deti bayu la tambán ba' lang e miragsá.

Pipitnan ilulan caring 2 tuquil, mumuna ing manuc, tutuqui ing pusung saguin, baguc, paminta, laya at danum tia 1-1/4 taza balang metung.

Tambán metung a horas. Cabud mucálna canita ibulug ing camatis, tauli ing pacú.

Agad iquid uling ing bulu meduluc ne pota tumulu ya. Misadiang lulanan qñg tumulu sabó, dapot agad yang luglugan danum ing buldit ning tuquil a maqui uling at isangga yang latang anting tabu.

Apág: 2 bandejadung malucúng a sopero.

14 Agosto 1968

Mariano Henson

ANGELES, PAMPANGA

RECIPE No. 126

RELLENONG BAÑGUS

1 a bañgús a maragul
½ a ebun a liga penatbíng 8 capirasu
2 cucharang pasas
2 cucharang guisantes maragul Baguio
1/3 cucharitang alcaparras (capers) Bizet
1-1/2 cucharitang toyu
Sabó 2 calamunding sinalac
1/4 cucharitang pamintang dildác
2 cabutilan bawang pilpuc at tinalip
2 buntuc malati sibuyas tamu, tinalip at inalipis
2 cucharang tabá o mantequilla pangguisá
2 tazang (cup) tabá pamritu

Calisquisán ya ing bañgús, ilacó ya asang, bituca at pusu qñg atian. Bugbugán yang macacalale macapatulug queng gulut ning campít. Bagután ya ñgeni duyí qng galudgud. Paslán ya iqui qñg gamat a cailí, qñg wanán aguran palual qng baba ing laman ning bañgús. Tadtarán mafinu iting lamán.

Palarén ing bawang at sibuyas qng tabá at iguisá caniti ma 5 minutu ing lamán a semutanan paminta at sabó calamunding.

Iquíd pamung parimlán at simén ing duyíng mitagan qñg lamán.

Yamas ñgeni qñg lamán a guisa ing ebun, pasas, guisantes, alcaparras.

Palub ing lamán queng cuchara qñg atián ning bañgús at isacsác.

Itayí yang sinulad ing atián lele baba.

Ibalut yang adua capisapin a bulung saguin ing bañgús.

Ifritu yang pibilíng-bilíng 4 a minutu qng tabáng mapali.

Iquid ya,t patictićan, baclasán ing bulung bayu ya iyapág.

19 Agosto 1968

Apág: 1 a bandejadu

Mariano Henson

ANGELES, PAMPANGA

RECIPE No. 127

PAELLA VALENCIANA

Metung a sising manuc a malinis, liga, leco butul, peñgilíng tiduang pulgada, 5 caguilí
20 paro casantiñgan a dagul, saguiwa, tinalip, dildác buntuc at balát, pislá at sinalac a sabó
20 calang liga at tinalip
20 talabang maragul liga at tinalip
1 a alimasag liga at tinalip
1 a chorizong Castila, inalipis 12 ya caguilí
2 tazang (cup) abias Milagrosa, Mimis o Wagwag, inuñáp misan
4 a cucharang camatis puré de lata
3 cucharang salipó guisantes verdes Baguio o de lata
1 cucharita calús pimentón (paprika) McCormick
1 cucharita salipó asin
1 a larang suclati (mayumu) de lata
15 aceitunas rellenadas (olive pimento)
2 carampút (qñg tuturu at tindaragul taliri) azafrán (Spanish saffron)
6 cucharang aceité de olivo (Castilla)
2-1/2 tazang (cup) sabó ning manuc babo
1/2 tazang sabó ding talabá babo

Ititi ing manuc qng aceite anggang e lare, parating gogogo.

Tutuqui ibulug ing pimentón, azafrán at asin.

Tuquí-tuquí nong ibulug ding chorizo, calang, paro at talabá pati na sabó ra, igogo.

Isalisi ing camatis ampon lara, igogo. Iti ñgan quilub ning 15 minutu manibat qng pañgatiti ning manuc.

Yabe ñgeni ing abias, itugtug ing sabó ning manuc. Nung culang iting sabó iganap qng danum anggang e mitapát 2-1/2 taza.

Isundung ilutu ma 30 minutu. Ibiling macatatlu ing paella ban e mamañgi. Painán ing tañgáb. Ilutu pang ma 15 minutu.

Tauli lang ibulug ding alimasag, guisantes at aceitunas.

Total lambat na pañgalutu 1 a horas miguit o cumulang.

Nung tinud ya pañgalutu ing nasi mabilug ya abias, e ya malpá at e ya magadtú antimo ing pañgalutu na España nung nu que maralás peñgan carin Madrid, Valencia, Barcelona, Sevilla, Bilbao.

21 Agosto 1968

Apág: 2 bandejadu

Liliang Henson

ANGELES, PAMPANGA

RECIPE No. 128

BIRINGJÍ

1 manuc casantiñgan a dagul, malinis na,t piglatí, pati até, balunbalunan
7 tazang (cup) pigá sinalac ding 2 uñgut
2 ebun a liga at penatbí
2 larang mayumu timpác babo ning biringjí cabang panangnañgán, peñgilí
4 tazang abias a lacatan inuñab
1 buntuc a sibuyas tamu, maragul, tinalip, inalipis
2 cabutilan a bawang, pilpuc, tinalip
5 cucharang patís Kasikatan
2 cucharang tabá
1 tazang danum

Gumamit cawali at siansí.

Iguisá ing bawang anggang e lare qng tabá, isalisi ing sibuyas saguli at ibulug ya ing manuc, até at balunbalunan, pisangle-sangle anggang e lare.

Sangcapan patís, ibulug ing abias at ibiling macatapat.

Itugtug caniti ing pigá, nung culang danuman pa, sucluban at panayan mucál.

Caibat nang mical parating bibiling balang catlung minutu ban e mamañgí at mipacat lalam ing biringjí.

Bawasan ing tañgab, sucluban, ibiling, sucluban, macanian nang macanian anggang e malutu quilub ning aduang horas, itasang nung tacman alang magadtú.

Iquid ñgeni ing biringjí, sapinan yang bulung saguin ing quilub ning cawali, ibalic ing biringjí, sapinan mu namang bulung babo at sucluban.

Ilaco ing apí itagan ing baya.

Total pamaglutu 3 horas miguit o cumulang.

Ustung iquid na ya, panagaulan ya babo qng ebun at lara.

21 Agosto 1968

Apág: 3 bandejadu

Maláng Kalensou

ANGELES, PAMPANGA

RECIPE No. 129

MENUDONG CAPAMPAÑGAN

1 tazang (cup) até babi, peñgiling malatí
1 tazang batung babi, leco lamad a maputi qng busal, peñgiling malatí
1/2 tazang cundilat (spleen) babi, peñgiling malatí
1 tazang daya (2 manuc) lutu, peñgiling cuadradu
2/3 tazang garbanzus de lata malati (8 onzas)
1 patatas a maragul, tinalip, peñgiling cuadradu
1 camatis casantiñgan a dagul, peñgili
1 larang mayumu malulut, peñgili
2 buntuc sibuyas tamu, tinalip, inalipis
6 cabutilan a bawang pilpuc, tinalip
2 bulung maragul laurel
1/2 cucharitang paminta dildac
1 cucharang calús asin
6 cucharang tabá
2 cucharang aslam atbú
1/2 tazang alac intsic (Shao-Haing), La Tondeña, Inc.
2/3 tazang sabo ding garbanzos mesabi babo

Gumamit balañgang malatí.

Palaren qńg tabá ing bawang at sibuyas. Iguisá caniti ing batú at cundilat ma 5 minutu.

Ibulug tuqui-tuqui ing patatas, laurel, paminta, asin at aslam, Igogo ma 5 minutu.

Itugtug ing alac, tutuqui ing sabo garbanzus.

Painán ing tañgab, sucluban.

Pabucalan at gogogo macatalima o miguit.

Quilub ning metung a horas malapit niyang malutu.

Ibulug tuqui-tuqui ing até, daya, garbanzus, camatis at lara.

Ibiling macatatlu, sucluban saguli at iquid na.

24 Agosto 1968

Apág: 2 bandejadu.

Mariang Alenson

ANGELES, PAMPANGA

RECIPE No. 130

TIDTAD (DINUGUAN)

1 kilong puntang pichúng babi peñgilíng 1 pulgada cuadrada
2 tazang (cup) dayang babi, piglamitac caring taliri
1/2 kilong balát jamun Hoksio
15 camias a verde o 1/2 tazang aslam atbu nung alang camias
5 larang verde maparás malataíd
1/3 taza álac Intsic Shao-Hsing, La Tondeña, Inc. pañangcap talagá
1/2 cucharitang pamintang mabilug
1 cucharang salipó asin
3 cabutilan a bawang pilpuc at tinalip
1 buntuc sibuyas tamu tinalip at inalipis
2-1/2 tazang danum

Munang ilaga queng 3 tazang danum ing balát jamun. Caibat nang mical yugaé ya sabo at alilan a danum. Iti e na yugsé nung e na maroc a lasa nune ipanaya qng babing sasalising isiáng. Ing balát jamun isaca pamu at pañgilian manunggal pulgada cuadrada.

Isiáng ñgeni ing babi at pibiling-biling balang minutu.

Ibulug ing bawang, sibuyas, paminta at asin.

Calabas ning 1/2 horas mamalá ya, danuman yang 2-1/2 taza.

Ibulug ing balát jamun layun ibilíng at sucluban.

Ibilíng maralás at palambutan ing carne quilub ning 1 a horas.

Calabas na niti ibulug la ring camias leco tampúc.

Bawasan ing tañgáb at isundung bibiling maralás at palambutan pang 45 minutu, suclubán.

5 minutu bayu iquid itugtug ing álac intsic ampon ibulug no ring lara, suclubán.

Nung vaca ya ing gagawan tidtad malambat yang palambután, anggang 2 horas maiguít anggang e lambút, iña ding lara ampon álac yabe lang 5 minutu bayu iquid ing lutu.

29 Agosto 1968

Apág: 3 bandejadu

N.B. Dacal la ring taung manugsé qng balát jamun, uling isipan da mecad alá neng cabaldugan. Atmeng caracal a protein ing balat. Caibat nang mebacbac ibilad ya,t isicap. Ustung milaga ya antimo ing qng babo mallari yang ifritu, mallari ya namang ibulug qñg tidtad, mañaman yang cayabe na,

Pisasali rang mura qng Quinta Market, Quiapo, Menila.

Mariano Alenson

ANGELES, PAMPANGA

RECIPE No. 131

ESTOFADONG CAPAMPAÑGAN

1 kilo liampó babi pemutut ti 2 pulgada cuadrada
2 buntuc a maragul sibuyas tamu tinalip at inalipis
1 buntuc bawang pilpuc, tinalip
4 casaguinan sabá, tinalip at penatbi
1/2 tazang (cup) aslam atbu
1/2 tazang ginebra San Miguel
2 cucharang salipó azucar
1 cucharita orégano de lata U.S.
1 cucharita pamintang mabilug
2 bulung laurel
1 sampagang sangkí (anís estrellado)
5 cabutilan clavos (clove)
1/4 cucharita curry o currie Crosse & Blackwell
1 cucharitang calús asin
3 cucharang tabá
1 tazang danum

Isiáng ing tabá qñg balañgá. Pisanglé-sanglé caniti ing limapó ma 20 minutu. Lungcás ing tabá ning liampó caniti.

Caibat na niti, ibulug tuqui-tuqui ing bawang, sibuyas, orégano, paminta, laurel, sangquí, clavos, curry ampon asin. Pabiling-biling ma 5 minutu.

Isalisi ing azucar, igogo saguli 1 minutu.

Itugtug ñgeni ing ginebra, tutuqui ing aslam. Ibiling macatatlu.

Painán ing tañgab at sucluban. Ibiling malagad.

Malapit nang metung a horas ing pamaglutu.

Danuman uling memala. Ibulug no ring saguin at sucluban.

Ibilíng malagad. Isundung ilutu ma 30 minutu pa at yawat na ing apí ampon baya.

Iquid na. Dapot cabucasan carin mañaman lacuas.

30 Agosto 1968

Apág: 1 bandejadu

Mariano Henson

ANGELES, PAMPANGA

RECIPE No. 132

GLORIFIED FONDUE

1 patatas maragul tinalip, peñgilíng cuadradu o cuadritos
Pan de sal a laún o pitabasan peñgiling cuadritos, 50 capirasu
2/3 tazang (cup) paro saguiwa tinalip, 70 la bilang, dildác a
buntuc ampon balát, pisla sabo at sinalac, macacawani pamu.
2 ebun a sebulan
1/2 tazang gatas damulag marayuput o Alpine
2 cucharang calús mantequilla (butter)
4 cucharang salipó guisantes verdes Baguio
1 larang mayumu malulut at peñgilí
1 buntuc maragul sibuyas tamu, tinalip at peñgili
6 a cabutilan bawang pilpuc at tinalip
1 cucharang patis Kasikatan
6 cucharang tabá

Ifritu ya ing patatas qng banayad a tañgab ma 5 minutu.

Patictican ya,t isaca pamu.

Isalisi lang agad ding cuadritos pan de sal, pisanglé-sanglé lang ma 5 minutu. Isaca la naman pamu.

Iguisá qñg tabá ing bawang anggang e lare, isalisi la ring sibuyas, patis, paro ampon sabó ra, lara,t patatas. Igogo 1 minutu, painan ing tañgáb.

Ibulug ñgeni ing mantequilla, gatas, ebun, pan de sal. Ibiling alang patugut anggang 5 minutu.

Ibulug la ñgeni ring guisantes. Iquid na.

30 Agosto 1968

Apág: 2 bandejadu

Mariang Alenson

ANGELES, PAMPANGA

RECIPE No. 133

UKOY

1 camuting-dutung tinalip at inadiád maqui timbang 1,300 gramos o
1.3 kilo miguit o cumulang
25 paro liga é tinalip
1 cucharang salipó bagúc Pangasinan o Bataan
1/2 tazang (cup) harina
2 tazang tabá

Tiltilan: 3 cabutilan bawang pilpuc at tinalip
1/2 cucharitang pamintang dildac
1 cucharitang toyu Kikkoman
1/3 tazang (cup) aslam atbu
Pisamut-samutan igogo iti.

Yamas mayap ing baguc ampon harina qng camuting-dutung.

Malmalán anting biruya ing camuting-dutung tanting ti 2-1/2 pulgada cabilug at pacatanan matimid manunggal paro qng babo.

Mipaling tabá at ifritu la caniti anggang e la lare ma 5 minutu dapot e la sana malalangnís. Iquid la,t patictícán.

Mallari la namang gawan Ukoy ding capaya, patatas, taugué, camuti, dapot ñgening casalucuyan mura yang dili ing camuting-dutung, dacal ya carbohydrate at mañaman ya naman.

Apág: mallaring 25 Ukoy

30 Agosto 1968

Mariano Flenso

ANGELES, PAMPANGA

RECIPE No. 134

Sangcap ding biscuit a pepagawa cu cang apung Puling 24 de Febrero, 1932.

Formula.	A2H.		A2D.		D2H
Sangcap	alaga		alaga		alaga
Ararú 2 pati	4.00		4.00		alá
Harina 1-1/2 pati	.50	5 Lt.	.15	1-1/2 pti.	.50
Darác a mafinu Cono	alá	1 pti.	.04	2 pati	.08
Mayumu sebulan 5 litros	.75	4 Lt.	.60	5 litros	.75
Ebun 100	4.00		4.00		4.00
Mantequilla Brunn Mgul.1,	1.50		1.50		1.50
Uñgut 5	.15	4-1/2,	.14	5 uñgut	.15
Tabá	.10		.10		.10
Dutung panañgab	.40		.40		.40
Megobra	1.40		1.40		1.40
Total gasto	₱12.80		₱ 12.33		₱ 8.88

Bilang ding biscuit a megawa:

Alagá balang metung,	595 ₱ .021	522 ₱ .025	560 ₱ .015

Tune megawa ñgening fecha: 965

N.B. Qñg metung a garrafón mipaguiu la ring 80 sucad 1 x 2 pulgada
" " " latang cracker maragul ring 115

Guinamit que ing darác pablasang atin yang Thiamine (Vitamin B1) 234-700 mcg. ampon Vitamin A 138 International Units balang 100 grams edible portion.

Ing buri cung dili ya pin ing Formula A2D libutad at iti mallari yang gamitan pañgawang San Nicolas Tolentino neng fiesta nang 10 de Septiembre.

Mariano Henson

ANGELES, PAMPANGA